

February 2026 EHS 1-3 Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



February is National Heart Month!



This month is all about taking care of your heart health! Help your family have healthy hearts by:

Eating Less Fried Foods

Eating More Fruits and Veggies

Eating Fish Twice a Week

Eating Lean Protein

Eating More Whole Grains

This institution is an equal opportunity provider.

Tuesday Wednesday Thursday Friday

<p>3</p> <p>Kix Cereal Pineapple Tidbits</p> <hr/> <p>WGR English Muffin w/ Jam Applesauce</p>	<p>4</p> <p>Yogurt w/ WGR Oat Topping Bananas</p> <hr/> <p>WGR Soft Pretzel w/ Honey Mustard Peaches</p>	<p>5</p> <p>WGR Bagel w/ Cream Cheese Mandarin Oranges</p> <hr/> <p>WGR Snack Mix Applesauce</p>	<p>6</p> <p>WGR Blueberry Muffin Peaches</p> <hr/> <p>Chex Cereal Pears</p>
<p>10</p> <p>WGR Soft Pretzel w/ Honey Mustard Pineapple Tidbits</p> <hr/> <p>Cheese and Crackers Applesauce</p>	<p>11</p> <p>Cheerios Mandarin Oranges</p> <hr/> <p>WGR Banana Bites Peaches</p>	<p>12</p> <p>Yogurt & Pear Parfait w/ WGR Oat Topping</p> <hr/> <p>WGR English Muffin w/ Jam Pineapple Tidbits</p>	<p>13</p> <p>WGR Snack Mix (WGR Cereal, WGR Crackers) Applesauce</p> <hr/> <p>WGR Bagel w/ Strawberry Cream Cheese Pears</p>
<p>17</p> <p>WGR English Muffin w/ Jam Mandarin Oranges</p> <hr/> <p>Deluxe Snack Mix Peaches</p>	<p>18</p> <p>WGR Bagel w/ Cream Cheese Applesauce</p> <hr/> <p>Cheese and Crackers Banana</p>	<p>19</p> <p>Yogurt Peaches</p> <hr/> <p>WGR Zucchini Muffins Mandarin Oranges</p>	<p>20</p> <p>WGR Banana Bites Pears</p> <hr/> <p>Cheerios Applesauce</p>
<p>24</p> <p>Chex Cereal Mandarin Oranges</p> <hr/> <p>WGR English Muffin w/ Jam Applesauce</p>	<p>25</p> <p>WGR Snack Mix (WGR Cereal, WGR Crackers) Bananas</p> <hr/> <p>WGR Banana Bites Pears</p>	<p>26</p> <p>WGR Zucchini Muffins Peaches</p> <hr/> <p>Cheese and Crackers Pineapple Tidbits</p>	<p>27</p> <p>No Classes</p>

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% whole grains.

No peanut, nuts, or pork products are used in the preparation of any menu item.

Infants 0-11 months old are offered breast milk or formula.

Children 12-23 months old are offered whole milk and everyone over 24 months is offered 1% milk with lunch and breakfast.