

# February 2026 EHS 6-11m 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

3

Yogurt  
Pineapple Tidbits

WGR Goldfish Crackers  
Applesauce

10

Diced Hardboiled Egg  
Cheerios  
Pineapple Tidbits

Diced Cheese and Crackers  
Applesauce

17

Diced Cheese  
Chex Cereal  
Mandarin Oranges

WGR Goldfish Crackers  
Peaches

24

Diced Hardboiled Egg  
Chex Cereal  
Mandarin Oranges

Diced Cheese and Crackers  
Applesauce

### Wednesday

4

Cottage Cheese  
Bananas

WGR Cheerios  
Peaches

11

Cottage Cheese  
Mandarin Oranges

WGR Banana Bites  
Peaches

18

Cottage Cheese  
Applesauce

Cheese and Crackers  
Banana

25

Cottage Cheese  
Bananas

WGR Banana Bites  
Pears

### Thursday

5

Yogurt  
Mandarin Oranges

Diced Cheese & Crackers  
Applesauce

12

Yogurt  
Pears

Chex Cereal  
Pineapple Tidbits

19

Yogurt  
Peaches

WGR Zucchini Muffins  
Mandarin Oranges

26

Yogurt  
Peaches

Cheese and Crackers  
Pineapple Tidbits

### Friday

6

Diced Hardboiled Egg  
WGR Blueberry Muffin  
Peaches

Chex Cereal  
Pears

13

Diced Hardboiled Egg  
Cheerios  
Applesauce

Diced Cheese w/ Crackers  
Pears

20

Diced Cheese  
WGR Banana Bites  
Pears

Cheerios  
Applesauce

27

No Classes

"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.