

# February 2026 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

Kix Cereal  
Pineapple Tidbits

WGR English Muffin  
w/ Sun Butter  
Mini Apples

### Wednesday

4

Yogurt w/ WGR Oat  
Topping  
Bananas

WGR Soft Pretzel w/  
Honey Mustard  
Peaches

### Thursday

5

WGR Bagel  
w/Cream Cheese  
Mandarin Oranges

Deluxe Snack Mix  
Tropical Fruit

### Friday

6

WGR Blueberry Muffin  
Peaches

Chex Cereal  
Pears

10

WGR Soft Pretzel w/  
Honey Mustard  
Pineapple Tidbits

Cheese and Crackers  
Mini Apples

11

Cheerios  
Mandarin Oranges

WGR Banana Bites  
Peaches

12

Yogurt & Pear Parfait  
w/ WGR Oat Topping

WGR English Muffin  
w/ Sun Butter  
Pineapple Tidbits

13

Deluxe Snack Mix  
(WGR Cereal, Crackers,  
Dried Fruit)  
Applesauce

WGR Bagel w/ Strawberry  
Cream Cheese  
Pears

17

WGR English Muffin  
w/ Sun Butter  
Tropical fruit

Deluxe Snack Mix  
Peaches

18

WGR Bagel w/  
Cream Cheese  
Applesauce

Cheese and  
Crackers  
Pears

19

Yogurt  
Peaches

WGR Zucchini  
Muffins  
Mandarin Oranges

20

WGR Banana Bites  
Pears

Cheerios  
Applesauce

24

Chex Cereal  
Mandarin Oranges

WGR English Muffin  
w/ Sun Butter  
Applesauce

25

Deluxe Snack Mix  
(WGR Cereal, Crackers,  
Dried Fruit)  
Bananas

WGR Banana Bites  
Pears

26

WGR Zucchini Muffins  
Peaches

Cheese and Crackers  
Pineapple Tidbits

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. Milk (1% low fat) is served with every breakfast.