

# March 2026 Breakfast & Snack EHS 1-3 Menu



EDMONDS COLLEGE  
HEAD START AND  
EARLY HEAD START



## Tuesday      Wednesday      Thursday      Friday

<b>3</b> Cheerios Peaches ----- WGR Bagel w/ Cream Cheese Pears	<b>4</b> Yogurt w/ Oat Topping Pineapple Tidbits ----- WGR Soft Pretzel w/ Honey Mustard Mandarin Oranges	<b>5</b> WGR Snack Mix (WGR Cereal, WGR Crackers) Bananas ----- WGR English Muffin w/ Jam Applesauce	<b>6</b> Yogurt & Pear Par- fait w/ WGR Oat Topping ----- WGR Graham Crackers Peaches
<b>10</b> WGR English Muffin w/ Jam Mandarin Oranges ----- Cheerios Pears	<b>11</b> WGR Bagel w/ Cream Cheese Peaches ----- Cheese & Crack- ers Bananas	<b>12</b> Yogurt w/ Oat Topping Pears ----- Chex Cereal Applesauce	<b>13</b> WGR Blueberry Muffins Peaches ----- WGR Soft Pretzel w/ Honey Mustard Mandarin Oranges
<b>17</b> Chex Cereal Mandarin Oranges ----- WGR Bagel w/ Cream Cheese Peaches	<b>18</b> Cheerios Pears ----- WGR Soft Pretzel w/ Honey Mustard Orange Wedges	<b>19</b> WGR Snack Mix (WGR Cereal, WGR Crackers) Applesauce ----- WGR English Muffin w/ Jam Pineapple Tidbits	<b>20</b> WGR Banana Muffins Mandarin Oranges ----- Cheerios Peaches
<b>24</b> Cheerios Pears ----- WGR Soft Pretzel w/ Honey Mustard Applesauce	<b>25</b> WGR English Muffin w/ Jam Mandarin Oranges ----- WGR Banana Muffins Pears	<b>26</b> Yogurt w/ Oat Topping Peaches ----- WGR Bagel w/ Cream Cheese Bananas	<b>27</b> Chex Cereal Applesauce ----- WGR Graham Crackers Pears
<b>31</b> WGR Bagel w/ Cream Cheese Peaches ----- Cheese and Crackers Mandarin Oranges	(Note: This row contains 4 yellow sticky notes instead of menu items)		

"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.

## March is National Nutrition Month!



Celebrate by developing new family nutrition goals this month. You could:

Try a new vegetable every week!



Drink more water instead of sugary drinks!

Avoid the snack, candy, and soda aisles!

Develop a weekly menu and cook at home!

Serve dinners with all 5 food groups!

Let your child help prepare nutritious snacks!