March 2026 Breakfast & Snack EHS 6-11m Menu

EDMONDS COLLEGE
HEAD START AND EARLY HEAD START

March is National NUTRITION Month!

Tuesday	Wednesday	Thursday	Friday
3 Diced Cheese Cheerios Peaches — WGR Goldfish Crackers Pears	**4** Cottage Cheese Pineapple Tidbits — Chex Cereal Mandarin Oranges	**5** Yogurt Bananas — Diced Cheese & Crackers Applesauce	**6** Yogurt Pears — Diced Cheese & Crackers Peaches
10 Yogurt Mandarin Oranges — Cheerios Pears	**11** Cottage Cheese Peaches — Diced Cheese & Crackers Bananas	**12** Yogurt Pears — Chex Cereal Applesauce	**13** Hard boiled egg WGR Blueberry Muffins Peaches — WGR Banana Bites Mandarin Oranges
17 Diced Cheese Chex Cereal Mandarin Oranges — Diced Cheese & Crackers Peaches	**18** Cottage Cheese Pears — WGR Goldfish Crackers Mandarin Oranges	**19** Yogurt Applesauce — WGR Blueberry Muffins Pineapple Tidbits	**20** Diced Cheese WGR Banana Bites Mandarin Oranges — Cheerios Peaches
24 Hardboiled Egg Cheerios Pears — WGR Goldfish Crackers Applesauce	**25** Cottage Cheese Mandarin Oranges — WGR Banana Bites Pears	**26** Yogurt Peaches — Diced Cheese & Crackers Bananas	**27** Hardboiled Egg Chex Cereal Applesauce — WGR Goldfish Crackers Pears
31 Yogurt Peaches — Diced Cheese and Crackers Mandarin Oranges			

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!

"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.

This institution is an equal opportunity provider.