

March 2026 Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday

<p>3</p> <p>Cheerios Peaches</p> <hr/> <p>WGR Bagel w/ Cream Cheese Pears</p>	<p>4</p> <p>Yogurt w/ Oat Topping Pineapple Tidbits</p> <hr/> <p>WGR Soft Pretzel w/ Honey Mustard Mandarin Oranges</p>	<p>5</p> <p>WGR Snack Mix (WGR Cereal, WGR Crackers, Dried Fruit) Bananas</p> <hr/> <p>WGR English Muffin w/ Sun Butter Applesauce</p>	<p>6</p> <p>Yogurt & Pear Parfait w/ WGR Oat Topping</p> <hr/> <p>WGR Graham Crackers Tropical Fruit</p>
<p>10</p> <p>WGR English Muffin w/ Sun Butter Mandarin Oranges</p> <hr/> <p>Cheerios Pears</p>	<p>11</p> <p>WGR Bagel w/ Cream Cheese Tropical Fruit</p> <hr/> <p>Cheese & Crackers Bananas</p>	<p>12</p> <p>Yogurt w/ Oat Topping Pears</p> <hr/> <p>Kix Cereal Mini Apples</p>	<p>13</p> <p>WGR Blueberry Muffins Peaches</p> <hr/> <p>WGR Soft Pretzel w/ Honey Mustard Mandarin Oranges</p>
<p>17</p> <p>Kix Cereal Mandarin Oranges</p> <hr/> <p>WGR Bagel w/ Cream Cheese Peaches</p>	<p>18</p> <p>Cheerios Pears</p> <hr/> <p>WGR Soft Pretzel w/ Honey Mustard Orange Wedges</p>	<p>19</p> <p>WGR Snack Mix (WGR Cereal, WGR Crackers, Dried Fruit) Tropical Fruit</p> <hr/> <p>WGR English Muffin w/ Sun Butter Pineapple Tidbits</p>	<p>20</p> <p>WGR Banana Muffins Mandarin Oranges</p> <hr/> <p>Cheerios Peaches</p>
<p>24</p> <p>Cheerios Pears</p> <hr/> <p>WGR Soft Pretzel w/ Honey Mustard Mini Apples</p>	<p>25</p> <p>WGR English Muffin w/ Sun Butter Mandarin Oranges</p> <hr/> <p>WGR Banana Muffins Pears</p>	<p>26</p> <p>Yogurt w/ Oat Topping Peaches</p> <hr/> <p>WGR Bagel w/ Cream Cheese Bananas</p>	<p>27</p> <p>Chex Cereal Applesauce</p> <hr/> <p>WGR Graham Crackers Tropical Fruit</p>
<p>31</p> <p>No Classes</p>			

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!

No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every breakfast.

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