

# April 2026 EHS 6-11mo Breakfast & Snack Menu



EDMONDS COLLEGE  
HEAD START AND  
EARLY HEAD START



## “Dig In” to Gardening!

April is the perfect month to start preparing a small garden! Plant vegetables that your family likes to eat, such as: tomatoes, lettuce, cilantro, green beans, peppers, and zucchini.



Don't have the space for a garden? That's okay! You can grow some vegetables in large buckets on your porch, deck, or by your front door.



Let your child help you plant, water, and harvest the vegetables. Kids love seeing plants grow and will be fascinated to see where vegetables really come from (not the grocery store!)

“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.

Tuesday	Wednesday	Thursday	Friday
	1 No children this age	2 No children this age	3 No children this age
7 No children this age	8 No children this age	9 No Classes	10 No Classes
14 Cheerios Hardboiled Egg Pears ----- Diced Cheese and Crackers Applesauce	15 Cottage Cheese Pineapple Tidbits ----- WGR Blueberry Bites Pears	16 Yogurt Peaches ----- WGR Goldfish Crackers Mandarin Oranges	17 Hardboiled Egg WGR Carrot Muffins Bananas ----- Diced Cheese & Crackers Applesauce
21 Chex Cereal Hardboiled Egg Peaches ----- WGR Blueberry Bites Pineapple Tidbits	22 Cottage Cheese Bananas ----- WGR Goldfish Crackers Mandarin Oranges	23 Yogurt Peaches ----- WGR Carrot Muffin Pears	24 Diced Cheese WGR Banana Muffin Applesauce ----- Cheerios Peaches
28 Kix Cereal Hardboiled Egg Peaches ----- Diced Cheese and Crackers Pears	29 Yogurt Peaches ----- WGR Banana Muffin Applesauce	30 Cottage Cheese Mandarin Oranges ----- Cheerios Pears	