

April 2026 EHS 1-3yo 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
	<p>1</p> <p>WGR English Muffin w/ Jam Pineapple Tidbits</p> <hr/> <p>Chex Cereal Pears</p>	<p>2</p> <p>Yogurt w/ WGR Oat Topping Bananas</p> <hr/> <p>WGR Soft Pretzel w/ Honey Mustard Mandarin Oranges</p>	<p>3</p> <p>WGR Blueberry Muffins Peaches</p> <hr/> <p>WGR English Muffin w/ Jam Applesauce</p>
<p>7</p> <p>Kix Cereal Pears</p> <hr/> <p>Cheese and Crackers Peaches</p>	<p>8</p> <p>WGR Bagel w/ Cream Cheese Pineapple Tidbits</p> <hr/> <p>WGR Blueberry Bites Pears</p>	<p>9</p> <p>No Classes</p>	<p>10</p> <p>No Classes</p>
<p>14</p> <p>Cheerios Pears</p> <hr/> <p>Cheese and Crackers Tropical Fruit</p>	<p>15</p> <p>WGR Bagel w/ Cream Cheese Pineapple Tidbits</p> <hr/> <p>WGR Blueberry Bites Pears</p>	<p>16</p> <p>Yogurt w/ WGR Oat Topping Peaches</p> <hr/> <p>WGR Snack Mix Mandarin Oranges</p>	<p>17</p> <p>WGR Carrot Muffins Bananas</p> <hr/> <p>WGR English Muffin w/ Jam Applesauce</p>
<p>21</p> <p>Chex Cereal Peaches</p> <hr/> <p>WGR Soft Pretzel w/ Honey Mustard Pineapple Tidbits</p>	<p>22</p> <p>WGR Snack Mix (WGR Cereal, WGR Crackers) Bananas</p> <hr/> <p>Yogurt Mandarin Oranges</p>	<p>23</p> <p>WGR English Muffin w/ Jam Peaches</p> <hr/> <p>WGR Carrot Muffin Pears</p>	<p>24</p> <p>WGR Banana Muffin Applesauce</p> <hr/> <p>Cheerios Peaches</p>
<p>28</p> <p>Kix Cereal Peaches</p> <hr/> <p>WGR Bagel w/ Cream Cheese Pears</p>	<p>29</p> <p>Yogurt w/ WGR Oat Topping Peaches</p> <hr/> <p>WGR Banana Muffin Applesauce</p>	<p>30</p> <p>WGR Bagel w/ Cream Cheese Mandarin Oranges</p> <hr/> <p>Cheerios Pears</p>	