

# April 2026 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)!

### Baked Carrot “Fries”

#### INGREDIENTS:

- 2 pounds carrots
- 2 Tablespoons olive oil
- 1/4 teaspoon salt OR garlic salt
- 1/8 teaspoon ground pepper



#### DIRECTIONS:

1. Heat oven to 425 degrees F. Line a shallow pan with aluminum foil (if desired for easy clean up).
2. Using a sharp knife, cut off the tip and end of each carrot.
3. Cut carrots into sticks by cutting in half crosswise, then cut lengthwise, then cut lengthwise again.
4. In a mixing bowl, combine the carrot sticks, olive oil, salt and pepper. Stir until all are evenly coated.
5. Place carrots on pan, in a single layer. Bake for 20 minutes or until carrots are tender.
6. Serve hot or at room temperature with your child's favorite dip. Enjoy!

Tuesday

Wednesday

Thursday

Friday

No Classes April 1-10

Cheerios  
Pears

14

Cheese and Crackers  
Tropical Fruit

WGR Bagel w/  
Cream Cheese  
Pineapple Tidbits

15

WGR Blueberry Bites  
Pears

Yogurt w/ WGR Oat  
Topping  
Peaches

16

WGR Snack Mix  
Tropical Fruit

WGR Carrot Muffins  
Bananas

17

WGR English Muffin w/  
Sun Butter  
Applesauce

Chex Cereal  
Peaches

21

WGR Soft Pretzel w/  
Honey Mustard  
Pineapple Tidbits

WGR Snack Mix  
(WGR Cereal, WGR  
Crackers, Dried Fruit)  
Bananas

22

Yogurt  
Mandarin Oranges

WGR English Muffin  
w/ Sun Butter  
Tropical Fruit

23

WGR Carrot Muffin  
Pears

WGR Banana Muffin  
Mini Apples

24

Cheerios  
Peaches

Kix Cereal  
Peaches

28

WGR Bagel w/  
Cream Cheese  
Pears

Yogurt w/ WGR Oat  
Topping  
Peaches

29

WGR Banana Muffin  
Applesauce

WGR Bagel w/ Cream  
Cheese  
Mandarin Oranges

30

Cheerios  
Pears

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.

This institution is an equal opportunity provider.