

May 2026 EHS 1-3 Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START

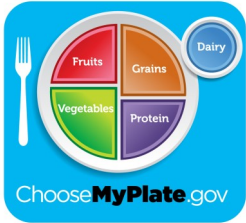


Tuesday

Wednesday

Thursday

Friday



**Cheerios
Applesauce**

WGR Bagels w/
Cream Cheese
Bananas

**WGR Blueberry
Muffin
Pears**

Yogurt
Peaches

**Kix Cereal
Mandarin Oranges**

Cheese and
Crackers
Pineapple Tidbits

**WGR Banana
Muffins
Applesauce**

WGR Snack Mix
Pears

**Kix Cereal
Mandarin Oranges**

WGR Soft Pretzel
w/ Honey Mustard
Pineapple Tidbits

**WGR Bagels w/
Cream Cheese
Bananas**

Cheese and
Crackers
Pears

**Yogurt w/ Oat
Topping
Peaches**

WGR English Muf-
fin w/ Jam
Applesauce

**WGR Zucchini
Muffins
Pears**

WGR Bagels w/
Cream Cheese
Mandarin Oranges

**Kix Cereal
Pineapple Tidbits**

Cheese and
Crackers
Mandarin Oranges

**WGR Snack Mix
(WGR Cereal, WGR
Crackers)
Peaches**

WGR English Muffin
w/ Jam
Applesauce

**Yogurt w/ Oat
topping
Pears**

WGR Banana Bites
Pineapple Tidbits

**WGR Bagels w/
Cream Cheese
Mandarin Oranges**

WGR Soft Pretzel
w/ Honey Mustard
Peaches

**Chex Cereal
Mandarin Oranges**

WGR Bagel w/
Cream Cheese
Pears

**WGR English Muffin
w/ Jam
Applesauce**

Yogurt
Peaches

**Cheerios
Bananas**

WGR Blueberry
Muffins
Pineapple Tidbits

**WGR Banana
Muffins
Mandarin Oranges**

Kix Cereal
Peaches

No Classes

Did You Know...

Children may not eat enough food with just 3 meals because their stomachs are small. They grow best with 3 meals and 1 to 2 small snacks each day.

Snacks Need to Be Nutritious!

Children who fill their small tummies with candy, soda and chips will not have room for nutritious meals and snacks.

Snacks Need to Be Planned!

Try to have 1 to 2 hours without eating before a meal. Children who snack all day long may not be hungry at meal times. If you are having lunch at 12:00, have a snack at 10:00.

"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.