

# May 2026 EHS 6-11m Breakfast & Snack Menu



EDMONDS COLLEGE  
HEAD START AND  
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday



			1 No Classes
5 Cheerios Diced Hardboiled egg Applesauce Diced Cheese & Crackers Bananas	6 Cottage Cheese Pears WGR Goldfish Crackers Peaches	7 Yogurt Mandarin Oranges Diced Cheese and Crackers Pineapple Tidbits	8 WGR Banana Muffins Diced Cheese Applesauce Chex Cereal Pears
12 Chex Diced Hardboiled egg Pineapple Tidbits WGR Goldfish Crackers Mandarin Oranges	13 Cottage Cheese Bananas Diced Cheese and Crackers Pears	14 Yogurt Peaches Cheerios Applesauce	15 WGR Zucchini Muffins Diced Cheese Pears Kix Cereal Mandarin Oranges
19 Kix Cereal Diced Hardboiled egg Pineapple Tidbits Diced Cheese and Crackers Mandarin Oranges	20 Cottage Cheese Peaches WGR Goldfish Crackers Applesauce	21 Yogurt Pears WGR Banana Bites Pineapple Tidbits	22 Yogurt Mandarin Oranges Cheerios Peaches
26 Chex Cereal Diced hardboiled egg Mandarin Oranges WGR Banana Muffins Pears	27 Cottage Cheese Applesauce WGR Goldfish Crackers Peaches	28 Yogurt Bananas WGR Blueberry Muffins Pineapple Tidbits	29 WGR Banana Muffins Diced Cheese Mandarin Oranges Kix Cereal Peaches

## 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.