

May 2026 Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday



1

No Classes

5

**Cheerios
Mini Apples**

WGR Bagels w/
Cream Cheese
Bananas

6

**WGR Blueberry
Muffin
Pears**

Yogurt
Peaches

7

**Kix Cereal
Mandarin Oranges**

Cheese and
Crackers
Pineapple Tidbits

8

**WGR Banana
Muffins
Applesauce**

Snack Mix
Tropical Fruit

12

**Kix Cereal
Mandarin Oranges**

WGR Soft Pretzel
w/ Honey Mustard
Pineapple Tidbits

13

**WGR Bagels w/
Cream Cheese
Tropical Fruit**

Cheese and
Crackers
Pears

14

**Yogurt
Peaches**

WGR English Muf-
fin w/ Sun Butter
Applesauce

15

**WGR Zucchini
Muffins
Pears**

WGR Bagels w/
Cream Cheese
Mandarin Oranges

19

**Kix Cereal
Pineapple Tidbits**

Cheese and
Crackers
Mandarin Oranges

20

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

WGR English Muffin
w/ Sun Butter
Applesauce

21

**Yogurt w/ Oat
topping
Pears**

WGR Banana Bites
Pineapple Tidbits

22

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

WGR Soft Pretzel
w/ Honey Mustard
Peaches

26

**Chex Cereal
Mandarin Oranges**

WGR Bagel w/
Cream Cheese
Pears

27

**WGR English Muffin
w/ Sun Butter
Applesauce**

Yogurt
Peaches

28

**Cheerios
Bananas**

WGR Blueberry
Muffins
Pineapple Tidbits

29

**WGR Banana
Muffins
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.

Try These Fun Snacks at Home!

Frozen Yogurt Berries—Dip fresh strawberries, raspberries or blueberries in yogurt. Place in the freezer and freeze until yogurt is frozen.

Fruit Kabobs—Put chunks of fruit and soft cheese on pretzel sticks or skewers.

"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. Milk (1% low fat) is served with every breakfast.

This institution is an equal opportunity provider.