

June 2025 EHS 1-3 Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

Chex Cereal
Mandarin Oranges

Cheese and
Crackers
Tropical Fruit

WGR Snack Mix
(Cereal, Crackers)
Mandarin Oranges

Cheerios
Pears

Cheerios
Pears

WGR Berry Bites
Pineapple Tidbits

WGR Berry Bites
Mandarin Oranges

Cheese and
Crackers
Pears

Wednesday

WGR Bagels w/
Cream Cheese
Pears

WGR Blueberry
Muffins
Applesauce

Yogurt and Berry
Parfait w/ Oat Top-
ping

WGR Soft Pretzel
w/ Honey Mustard
Peaches

WGR Zucchini
Bread
Applesauce

Cheese and
Crackers
Peaches

WGR English Muffin
w/ Jam
Applesauce

Cottage Cheese
Peaches

Thursday

WGR Snack Mix
(Cereal, Crackers)
Mandarin Oranges

WGR English Muffin
w/ Jam
Peaches

WGR Berry Bites
Mandarin Oranges

WGR Bagel w/
Cream Cheese
Applesauce

No Classes

Yogurt
Pears

WGR Bagel w/
Cream Cheese
Mandarin Oranges

Friday

WGR Banana
Muffin
Pears

Yogurt
Mandarin Oranges

WGR English Muffin
w/ Jam
Pears

Cheese and Crackers
Bananas

No Classes

WGR Blueberry
Muffins
Peaches

Chex Cereal
Applesauce

June is Berry Month!

One of the great opportunities of summer is visiting local you-pick farms. It is an excellent way for your child to learn about how fruits and vegetables grow, as well as using their motor skills to help pick their own produce. Did you know there are many farms within a 15 mile drive?



Did you know you can get extra WIC checks specifically to use at local farmer's markets? You can! All WIC participants are eligible! Ask your local WIC agency about which days this month you can get this benefit before they run out.

Many local farmer's markets also accept EBT benefits and some even match the amount you spend, giving you more produce for your money!

This institution is an equal opportunity provider.

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50%. Iron-fortified infant cereal is available for infants 6-11m old.

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.