

June 2025 Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

Chex Cereal
Mandarin Oranges

3

Cheese and
Crackers
Tropical Fruit

Snack Mix
(Cereal, Crack-
ers, Dried Fruit)
Mandarin Oranges

10

Cheerios
Pears

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Pears

17

WGR Berry Bites
Pineapple Tidbits

Wednesday

WGR Bagels w/
Cream Cheese
Pears

4

WGR Blueberry
Muffins
Applesauce



Yogurt and Berry
Parfait w/ Oat Top-
ping

11

WGR Soft Pretzel
w/ Honey Mustard
Peaches



WGR Zucchini
Bread
Applesauce

18

Cheese and
Crackers
Peaches

Thursday

Snack Mix (Cereal,
Crackers, Dried
Fruit)
Tropical Fruit

5

WGR English Muffin
w/ Sun Butter
Peaches



WGR Berry Bites
Mandarin Oranges

12

WGR Bagel w/
Cream Cheese
Applesauce

Friday

WGR Banana
Muffin
Pears

6

Yogurt
Mandarin Oranges

WGR English Muffin
w/ Sun butter
Pears

13

Cheese and Crack-
ers
Bananas

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?



"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.

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.