

# June 2026 Breakfast & Snack Menu



EDMONDS COLLEGE  
HEAD START AND  
EARLY HEAD START



Tuesday

2  
Chex Cereal  
Mandarin Oranges

Cheese and  
Crackers  
Tropical Fruit



Wednesday

3  
WGR Bagels w/  
Cream Cheese  
Pears

WGR Blueberry  
Muffins  
Applesauce

"WGR" means  
"Whole Grain Rich"  
and specifies that the  
item contains at least  
50% whole grains.

Thursday

4  
No Classes

No peanut, nuts, or  
pork products are  
used in the  
preparation of any  
menu item. Milk (1%  
low fat) is served with  
every breakfast.

Friday

5  
No Classes

## 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 funds 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!