

June 2026 EHS 1-3 Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

2

Chex Cereal
Mandarin Oranges

Cheese and Crackers
Pears

9

WGR Banana Muffins
Mandarin Oranges

Cheerios
Pineapple Tidbits

16

Cheerios
Pears

WGR Berry Bites
Pineapple Tidbits

23

WGR Berry Bites
Mandarin Oranges

Cheese and Crackers
Pears

23

Kix
Peaches

Yogurt
Mandarin Oranges

Wednesday

3

WGR Bagels w/
Cream Cheese
Pears

WGR Blueberry Muffins
Applesauce

10

Yogurt
Mixed berries

WGR Soft Pretzel w/
Honey Mustard
Peaches

17

WGR Zucchini Bread
Applesauce

Cheese and Crackers
Peaches

24

WGR English Muffin
w/ Jam
Applesauce

Cottage Cheese
Peaches

Thursday

4

WGR Snack Mix
(Cereal, Crackers)
Mandarin Oranges

WGR English Muffin w/
Jam
Peaches

11

WGR Berry Bites
Bananas

WGR Bagel w/
Cream Cheese
Applesauce

18

WGR Bagel w/
Cream Cheese
Bananas

Yogurt
Peaches

25

Yogurt
Pears

WGR Bagel w/
Cream Cheese
Mandarin Oranges

Friday

5

No Classes

12

WGR English Muffin
w/ Jam
Pears

Cheese and Crackers
Bananas

19

No Classes

26

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 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.

"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.

Children 12-23 months old are offered whole milk and everyone over 24 months is offered 1% milk with lunch and breakfast.

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.

This institution is an equal opportunity provider.