

July 2026 EHS Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Monday

Tuesday

Wednesday

Thursday

Friday

Happy Summer!



1

WGR English Muffin w/
Jam
Pears

Snack Mix
(WGR Cereal, Crackers)
Mandarin Oranges

2

WGR Blueberry Bites
Peaches

Yogurt
Bananas

3

No Classes

6

Cheerios
Applesauce

WGR Banana Muffin
Pineapple Tidbits

7

WGR Bagels w/
Cream Cheese
Mandarin Oranges

Cheese and
Crackers
Peaches

8

Snack Mix
(WGR Cereal, Crack-
ers)
Bananas

Yogurt
Pears

9

WGR Soft Pretzel w/
Honey Mustard
Pineapple Tidbits

Cheerios
Applesauce

10

WGR Banana Muffin
Pears

WGR Bagel w/
Cream Cheese
Mandarin Oranges

13

Cheerios
Peaches

WGR English Muffin
w/ Jam
Mandarin Oranges

14

WGR Bagels w/
Cream Cheese
Bananas

Cheese and Crack-
ers
Pears

15

WGR Blueberry Muffin
Applesauce

WGR Soft Pretzel w/
Honey Mustard
Orange Wedges

16

Yogurt
Peaches

WGR Bagel w/
Cream Cheese
Bananas

17

WGR Zucchini Muffin
Pineapple Tidbits

Cheese and Crackers
Applesauce

20

Chex Cereal
Mandarin Oranges

WGR Soft Pretzel w/
Honey Mustard
Pears

21

WGR English Muffin w/
Jam
Pears

Snack Mix
(WGR Cereal, Crackers)
Mandarin Oranges

22

Yogurt
Peaches

WGR Blueberry Muf-
fin
Pineapple Tidbits

23

WGR English Muffin
w/ Jam
Applesauce

WGR Bagel w/
Cream Cheese
Mandarin Oranges

24

WGR Blueberry Muffin
Peaches

Kix Cereal
Applesauce

"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.