

September 2025 Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday

No Classes

Kix Cereal
Peaches

WGR Banana Bites
Pears

Cheerios Cereal
Peaches

WGR Blueberry
Bites
Pears

WGR Bagel w/
Cream Cheese
Mandarin Oranges
Cheese and
Crackers
Applesauce

Cheerios
Applesauce

WGR English Muffin
w/ Sun Butter
Mandarin Oranges

WGR Bagel w/
Cream Cheese
Peaches

WGR Snack Mix
(WGR Cereal, WGR
Crackers, Dried Fruit
Mini Apples

Yogurt
Mandarin Oranges

Cheese and
Crackers
Tropical Fruit

WGR Banana
Muffins
Pineapple Tidbits

Cheerios
Pears

Kix Cereal
Pears

WGR Soft Pretzel
w/ Honey Mustard
Pineapple Tidbits

WGR Snack Mix
(WGR Cereal, WGR
Crackers)
Applesauce

Cottage Cheese
Pears

WGR Apple
Spiced Muffin
Mandarin Oranges
Cheese and
Crackers
Bananas

WGR English Muffin
w/ Sun Butter
Peaches

WGR Snack Mix
Mini Apples

WGR English Muffin
w/ Sun Butter
Mini Apples
Cheese and
Crackers
Peaches

WGR Soft Pretzel w/
Honey Mustard
Pears
Kix Cereal
Mandarin Oranges

WGR Bagel w/
Cream Cheese
Peaches
WGR English Muffin
w/ Sun Butter
Pineapple Tidbits

Kix Cereal
Mandarin Oranges
Yogurt
Pears

Yogurt
Peaches

WGR Apple
Spiced Muffin
Mandarin Oranges

**"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 prepara-
tion of any menu
item. Milk (1% low
fat) is served with
every breakfast.**

Harvest of the Month!

Every month we will showcase a different fruit or vegetable on the menu, in the meals, and in the classroom! Your child will participate in different activities and learn more about the Harvest of the Month in class. Ask your child what they are learning about apples this month and let them help you pick some out at the store!

Apple Car

INGREDIENTS

1 apple, sliced and cored
Grapes, cut in half if desired
Toothpicks

DIRECTIONS

- After you slice and core the apples, let children pick an apple slice to be their car. Then, help them push toothpicks into bottom of apple slice, with skin on top. Place a grape on each of the ends of the toothpicks.
- When ready to eat, help your child remove the pieces of fruit from the toothpicks and enjoy!



This institution is an equal opportunity provider.