

September 2025 EHS 1-3yo Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday

2

Yogurt
Mandarin Oranges

Cheese & Crackers
Mandarin Oranges

3

Kix Cereal
Peaches

WGR Banana Bites
Pears

4

Cheerios
Peaches

WGR Blueberry Bites
Pears

5

WGR Bagel w/
Cream Cheese
Mandarin Oranges

Cheese and Crackers
Applesauce

9

Cheerios
Applesauce

WGR English Muffin w/ Jam
Mandarin Oranges

10

WGR Bagel w/
Cream Cheese
Peaches

WGR Snack Mix (WGR Cereal, WGR Crackers)
Applesauce

11

Yogurt
Mandarin Oranges

Cheese and Crackers
Bananas

12

WGR Banana Muffins
Pineapple Tidbits

Cheerios
Pears

16

Chex Cereal
Pears

WGR Soft Pretzel w/ Honey Mustard
Pineapple Tidbits

17

WGR Snack Mix (WGR Cereal, WGR Crackers)
Applesauce

Cottage Cheese
Pears

18

WGR Apple Spiced Muffin
Mandarin Oranges

Cheese and Crackers
Bananas

19

WGR English Muffin w/ Jam
Peaches

WGR Snack Mix
Applesauce

23

WGR English Muffin w/ Jam
Applesauce

Cheese and Crackers
Peaches

24

WGR Soft Pretzel w/ Honey Mustard
Pears

Kix Cereal
Mandarin Oranges

25

WGR Bagel w/ Cream Cheese
Peaches

WGR English Muffin w/ Jam
Pineapple Tidbits

26

Chex Cereal
Mandarin Oranges

Yogurt
Pears

30

Yogurt
Peaches

WGR Apple Spiced Muffin
Mandarin Oranges

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% whole grains. Iron-fortified infant cereal is available for infants 6-11m old.

No peanut, nuts, or pork products are used in the preparation of any menu item.

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

Infants 0-11 months old are offered breast milk or formula.

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!

This institution is an equal opportunity provider.