

# October 2025 Breakfast & Snack Menu



EDMONDS COLLEGE

HEAD START AND  
EARLY HEAD START



## Roasted Beets and Sautéed Beet Greens



### INGREDIENTS:

1 Bunch beets with greens  
2 Tablespoons oil, divided  
2 minced garlic cloves  
2 Tablespoons chopped onion (optional)  
Salt and pepper to taste  
1 Tablespoon favorite vinegar, optional (red wine, balsamic, apple cider)



### DIRECTIONS:

1. Preheat the oven to 350 degrees (175 degrees C). Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 1 tablespoon of oil. If you wish to peel the beets, it is easier to do so once they have been roasted.

2. Cover with aluminum foil and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet. Hold beet with a paper towel and wipe skin off. Cut into cubes.

When the roasted beets are almost done, heat the remaining 1 tablespoon olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either your favorite vinegar, or salt and pepper.

"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  
preparation of any  
menu item. Milk (1%  
low fat) is served  
with every breakfast.

This institution is an equal opportunity provider.

## Tuesday

## Wednesday

## Thursday

## Friday

1

**Chex Cereal  
Peaches**

Cheese and  
Crackers  
Mandarin Oranges

2

**WGR English Muffin  
w/ Sun Butter  
Pears**

Yogurt & Peach  
Parfait w/ WGR  
Oat Topping

3

**WGR Banana  
Bites  
Orange Wedges**

WGR English Muf-  
fin w/ Sun Butter  
Mini Apples

7

**WGR Soft Pretzel  
w/ Honey Mustard  
Tropical Fruit**

Kix Cereal  
Mandarin Oranges

8

**Snack Mix  
(WGR Cereal, WGR  
Crackers, Dried Fruit)  
Peaches**

Yogurt  
Pears

9

**WGR Banana muffin  
Mandarin Oranges**

Cheerios  
Applesauce

10

**Yogurt & Pear  
Parfait w/ WGR  
Oat Topping**

WGR English Muf-  
fin w/ Sun Butter  
Peaches

14

**WGR English Muffin w/  
Sun Butter  
Pineapple Tidbits**

Snack Mix  
Mandarin Oranges

15

**WGR Bagel w/  
Cream Cheese  
Peaches**

Kix Cereal  
Tropical Fruit

16

**Yogurt  
Mandarin Oranges**

Cheese and  
Crackers  
Applesauce

17

**WGR Banana Muffin  
Pears**

WGR Soft Pretzel w/  
Honey Mustard  
Peaches

21

**Kix Cereal  
Applesauce**

Cheese and  
Crackers  
Pears

22

**WGR Bagel w/  
Cream Cheese  
Peaches**

WGR Blueberry  
Muffin  
Mini Apples

23

**WGR English Muffin  
w/ Sun Butter  
Tropical Fruit**

WGR Soft Pretzel  
w/ Honey Mustard  
Pears

24

**Yogurt & Peach  
Parfait w/ WGR Oat  
Topping**

Cheerios  
Mandarin Oranges

28

**Snack mix  
(WGR Cereal, WGR  
Crackers, dried fruit)  
Pears**

WGR Soft Pretzel w/  
Honey Mustard  
Pineapple Tidbits

29

**Chex Cereal  
Peaches**

WGR Blueberry  
Bites  
Bananas

30

**WGR Banana  
Muffin  
Tropical Fruit**

Cheese and  
Crackers  
Orange Wedges

31

**WGR Bagels w/  
Cream Cheese  
Applesauce**

Yogurt  
Pears