

October 2025 EHS 1-3yrs 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%. 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.

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

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

This institution is an equal opportunity provider.

Tuesday

Wednesday

Thursday

Friday

1

Yogurt
Peaches
Cheese and
Crackers
Mandarin Oranges

2

WGR English Muffin
w/ Jam
Pears
Yogurt & Peach
Parfait w/ WGR
Oat Topping

3

WGR Banana
Bites
Orange Wedges
WGR English Muf-
fin w/ Jam
Applesauce

7

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

8

Snack Mix
(WGR Cereal, WGR
Crackers)
Peaches
Yogurt
Pears

9

WGR Banana muffin
Mandarin Oranges
Cheerios
Applesauce

10

Yogurt & Pear
Parfait w/ WGR
Oat Topping
WGR English Muf-
fin w/ Jam
Peaches

14

WGR English Muffin w/
Jam
Pineapple Tidbits
Snack Mix
Mandarin Oranges

15

WGR Bagel w/
Cream Cheese
Peaches
Kix Cereal
Pears

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
Applesauce

23

WGR English Muffin
w/ Jam
Mandarin Oranges
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)
Pears
WGR Soft Pretzel w/
Honey Mustard
Pineapple Tidbits

29

Chex Cereal
Peaches
WGR Blueberry
Bites
Bananas

30

WGR Banana
Muffin
Pineapple Tidbits
Cheese and
Crackers
Orange Wedges

31

WGR Bagels w/
Cream Cheese
Applesauce
Yogurt
Pears