

November 2025 EHS 1-3yr Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday

**Kix Cereal
Pineapple Tidbits**

WGR English Muffin w/ Jam
Peaches

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

WGR Soft Pretzel
w/ Honey Mustard
Bananas

**Cheerios
Mandarin Oranges**

Cheese and
Crackers
Pears

**WGR Bagel w/
Cream Cheese
Pears**

WGR Spiced Apple Muffin
Applesauce

No Classes

**WGR Snack Mix
(WGR Cereal, WGR
Crackers)
Applesauce**

WGR English Muffin w/
Jam
Peaches

**WGR Bagel w/
Cream Cheese
Bananas**

WGR Banana Muffins
Pears

**WGR Spiced Sweet
Potato Muffin
Peaches**

WGR Snack Mix
Mandarin Oranges

**Kix Cereal
Mandarin Oranges**

Cheese &
Crackers
Pears

**WGR Soft Pretzel w/
Honey Mustard
Peaches**

WGR Spiced Sweet
Potato Muffins
Mandarin Oranges

**WGR English Muffin
w/ Jam
Pears**

Cheerios
Bananas

**Yogurt
Peaches**

WGR Snack Mix
Mandarin Oranges

**Chex Cereal
Peaches**

WGR Bagel w/
Cream Cheese
Mandarin Oranges

**Kix Cereal
Bananas**

WGR Banana Muffins
Pears

No Classes

No Classes

5 Scrumptious Ways to Enjoy Sweet Potatoes!

- 1. A Crispy, Healthy Snack.** Try munching on sweet potato chips. Thinly slice a large sweet potato and brush lightly with olive oil. Bake at 350 degrees for 15 minutes or until lightly browned and crisp.
- 2. The New Potato Salad.** Substitute sweet potatoes for regular spuds in your favorite potato salad recipe.
- 3. Baked Sweet Potato Fries.** Sweet potato fries make a delicious treat. Quarter sweet potatoes and drizzle with olive oil. Bake at 400 degrees for 40-60 minutes. For a spicy twist, add a dash of cayenne pepper.
- 4. Top Your Salad.** Sweet potatoes make sweet salad toppings. Combine diced sweet potatoes, pineapple tidbits, apples, celery, and cashews. Serve over salad greens.
- 5. Bake, Roast, or Steam 'em!** Pick a cooking method and enjoy! Use whole, unpeeled sweet potatoes as a side dish to any meal.

~Veggie Haters?



Does your child seem to dislike all vegetables? That's normal! Don't worry about forcing your child to eat them, instead be positive and encouraging! It can take 10-20 exposures of a new food for a child to like it. So, don't give up! Keep offering; you're doing great! Sometimes offering a veggie in a different way might be the trick. Maybe your child doesn't love mashed sweet potatoes, but baked sweet potato fries could become a new favorite!

"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.