

December 2025 1-3yo Breakfast and Snack Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday

2

Kix Cereal
Mandarin Oranges

Yogurt
Pears

3

Snack Mix
(WGR Cereal,
Crackers)
Bananas

WGR Bagels w/
Cream Cheese
Peaches

4

WGR English Muffin
w/ Jam
Mandarin Oranges

Cheerios
Applesauce

5

WGR Soft Pretzel
w/ Honey Mustard
Applesauce

WGR Blueberry
Muffin
Peaches

9

Cheerios
Pears

Cheese and
Crackers
Mandarin Oranges

10

WGR Banana Bites
Applesauce

WGR Bagels w/
Cream Cheese
Pears

11

Yogurt Peach Par
fait w/ WGR Oat
Topping

Kix Cereal
Applesauce

12

WGR Butternut
Squash Muffins
Pineapple Tidbits

WGR Graham
Crackers
Mandarin Oranges

16

Chex Cereal
Pears

WGR Bagel w/
Cream Cheese
Bananas

17

WGR English Muffin
w/ Jam
Mandarin Oranges

Cheese and
Crackers
Applesauce

18

Yogurt
Pears

Cheerios
Pineapple Tidbits

19

No Classes



No School
December 19 to January 5

See you
January 6!

"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 lunch.

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

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

Harvest of the Month:

Winter Squash!!

This month we are learning all about winter squash. Squash are gourds. Squash come in two varieties: summer and winter. Winter squash are delicious roasted, baked, boiled, sautéed or microwaved. Find winter squash at your local farmer's market or supermarket. Squash with darker yellow or orange flesh are full of Vitamin A and are extra nutritious! Each variety has a unique flavor, try them all! Such as: butternut, delicata, spaghetti, acorn, hubbard, and kabocha. Choose firm squash that are heavy for their size. You can store whole winter squash in a cool, dry place for up to three months! Ask your child about the squash served in the classroom!

This institution is an equal opportunity provider.