

April 2024 Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday

Wednesday

Thursday

Friday

No Classes April 1-12

Cheerios
Pears

16

Cheese and Crackers
Tropical Fruit

WGR Bagel w/ Cream
Cheese
Pineapple Tidbits

17

Cottage Cheese
Peaches

Yogurt
Pears

18

Snack Mix
Tropical Fruit

WGR Carrot Muffins
Pineapple Tidbits

19

WGR English Muffin w/
Sun Butter
Applesauce

WGR Soft Pretzel w/
Honey Mustard
Pineapple Tidbits

23

Cheese and Crackers
Peaches

Snack Mix
(Cereal, Crackers,
Dried Fruit)
Bananas

24

Yogurt
Mandarin Oranges

WGR English Muffin w/
Sun Butter
Tropical Fruit

25

WGR Carrot Muffin
Pears

Cheerios
Mini Apples

26

Cottage Cheese
Peaches

Kix Cereal
Peaches

30

WGR Bagel w/
Cream Cheese
Pears

No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every breakfast.

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% whole grains.

"Dig In" to Gardening!

April is the perfect month to start preparing a small garden! Plant vegetables that your family likes to eat, such as: tomatoes, lettuce, cilantro, green beans, peppers, and zucchini.



Don't have the space for a garden? That's okay! You can grow some vegetables in large buckets on your porch, deck, or by your front door.



Let your child help you plant, water, and harvest the vegetables. Kids love seeing plants grow and will be fascinated to see where vegetables really come from (not the grocery store!)

Baked Carrot "Fries"

INGREDIENTS:

- 2 pounds carrots
- 2 Tablespoons olive oil
- 1/4 teaspoon salt OR garlic salt
- 1/8 teaspoon ground pepper



DIRECTIONS:

1. Heat oven to 425 degrees F. Line a shallow pan with aluminum foil (if desired for easy clean up).
2. Using a sharp knife, cut off the tip and end of each carrot.
3. Cut carrots into sticks by cutting in half crosswise, then cut lengthwise, then cut lengthwise again.
4. In a mixing bowl, combine the carrot sticks, olive oil, salt and pepper. Stir until all are evenly coated.
5. Place carrots on pan, in a single layer. Bake for 20 minutes or until carrots are tender.
6. Serve hot or at room temperature with your child's favorite dip. Enjoy!