

May 2024 Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday



Wednesday

Thursday

Friday

7

**Cheerios
Mini Apples**

WGR Bagels w/
Cream Cheese
Bananas

8

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

Yogurt
Mandarin Oranges

9

**Kix Cereal
Peaches**

Cheese and Crack-
ers
Mini apples

10

**WGR Banana Muffins
Applesauce**

Cottage Cheese
Tropical Fruit

14

**WGR Soft Pretzel w/
Honey Mustard
Pineapple Tidbits**

Deluxe Snack Mix
Peaches

15

**Cheerios
Tropical Fruit**

Cottage Cheese
Pears

16

**Yogurt
Peaches**

WGR English Muffin
w/ Sun Butter
Applesauce

17

**WGR Blueberry
Muffins
Pears**

WGR Bagels w/
Cream Cheese
Mandarin Oranges

21

**Kix Cereal
Pineapple Tidbits**

Cheese and
Crackers
Mandarin Oranges

22

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

WGR English Muffin w/
Sun Butter
Applesauce

23

**Yogurt & Pear Par-
fait w/ Oat Top-
ping**

WGR Blueberry
Muffins
Pineapple Tidbits

24

**WGR Bagels w/
Cream Cheese
Mandarin Oranges**

WGR Soft Pretzel w/
Honey Mustard
Peaches

28

**Deluxe Snack Mi-
(Cereal, Crackers,
Dried Fruit)
Mandarin Oranges**

WGR Banana Muffins
Pears

29

**WGR English Muff-
w/ Sun Butter
Applesauce**

Yogurt
Peaches

30

**Cheerios
Pears**

WGR Blueberry
Muffins
Pineapple Tidbits

31

**Yogurt
Mandarin Oranges**

Deluxe Snack Mix
Peaches

1

**WGR Bagels w/
Cream Cheese
Peaches**

Cottage Cheese
Mandarin Oranges

2

**Yogurt and Pear Par-
fait w/ WGR Oat top-
ping**

Deluxe Snack Mix
Pineapple Tidbits

3

No Classes

Did You Know...

Children may not eat enough food with just 3 meals because their stomachs are small. They grow best with 3 meals and 1 to 2 small snacks each day.

Snacks Need to Be Nutritious!

Children who fill their small tummies with candy, soda and chips will not have room for nutritious meals and snacks.

Snacks Need to Be Planned!

Try to have 1 to 2 hours without eating before a meal. Children who snack all day long may not be hungry at meal times. If you are having lunch at 12:00, have a snack at 10:00.

Try These Fun Snacks at Home!

Frozen Yogurt Berries—Dip fresh strawberries, raspberries or blueberries in yogurt. Place in the freezer and freeze until yogurt is frozen.

Fruit Kabobs—Put chunks of fruit and soft cheese on pretzel sticks or skewers.

"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.