

March 2025 1-3yo Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday

Wednesday

Thursday

Friday

4

**Cheerios
Peaches**

WGR Bagel
w/Cream Cheese
Pears

5

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

Yogurt
Mandarin Oranges

6

**Snack Mix
(Cereal, Crackers)
Bananas**

WGR English Muffin w/
Jam
Applesauce

7

**Yogurt & Pear Par-
fait w/ WGR Oat
Topping**

Cheese & Crack-
ers
Peaches

11

**WGR English Muffin
w/ Jam
Mandarin Oranges**

Cheerios
Pears

12

**WGR Bagel w/
Cream Cheese
Peaches**

Cheese &
Crackers
Bananas

13

**Yogurt
Pears**

CheX Cereal
Mini Apples

14

**WGR Blueberry
Muffins
Peaches**

Cottage Cheese
Mandarin Oranges

18

**CheX Cereal
Mandarin Oranges**

WGR Bagel w/
Cream Cheese
Peaches

19

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

Yogurt
Orange Wedges

20

**Snack Mix
(Cereal, Crackers)
Peaches**

WGR English Muffin w/
Jam
Pineapple Tidbits

21

**WGR Banana
Muffins
Kiwi**

Cheerios
Peaches

25

**Cheerios
Pears**

WGR Soft Pretzel
w/ Honey Mustard
Applesauce

26

**WGR English Muffin
w/ Jam
Mandarin Oranges**

WGR Banana Muf-
fins
Pears

27

**Yogurt
Peaches**

WGR English Muf-
fin w/ Jam
Bananas

28

**CheX Cereal
Applesauce**

Snack Mix
(Cereal, Crackers)
Pineapple Tidbits

"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.

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.

March is National NUTRITION Month!

Celebrate by developing new
family nutrition goals this
month. You could:

Try a new
vegetable
every week!



Drink more
water instead
of sugary
drinks!

Avoid the
snack, candy,
and soda
aisles!

Develop a
weekly menu
and cook at
home!

Serve dinners
with all 5 food
groups!

Let your child
help prepare
nutritious
snacks!

This institution is an equal opportunity provider.