

# March 2025 6-11mo Breakfast & Snack Menu



EDMONDS COLLEGE  
HEAD START, EARLY  
HEAD START, AND ECEAP



**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Infant Cereal  
Peaches**

WGR Goldfish  
Crackers  
Pears

**Yogurt  
Pineapple Tidbits**

Cheerios  
Mandarin Oranges

**Cottage Cheese  
Bananas**

CheX Cereal  
Applesauce

**Diced Cheese  
Cheerios  
Pears**

Diced Cheese &  
Crackers  
Peaches

**Infant Cereal  
Mandarin Oranges**

WGR Goldfish  
Crackers  
Pears

**Yogurt  
Peaches**

Diced Cheese &  
Crackers  
Bananas

**Cottage Cheese  
Pears**

CheX Cereal  
Mini Apples

**Diced Cheese  
CheX Cereal  
Peaches**

WGR Blueberry  
Muffin  
Mandarin Oranges

**Infant Cereal  
Mandarin Oranges**

WGR Goldfish Crack-  
ers  
Peaches

**Yogurt  
Pears**

Cheerios  
Orange Wedges

**Cottage Cheese  
Peaches**

CheX Cereal  
Pineapple Tidbits

**Diced Cheese  
Cheerios  
Kiwi**

WGR Banana Muf-  
fins  
Peaches

**Infant Cereal  
Pears**

WGR Goldfish  
Crackers  
Applesauce

**Yogurt  
Mandarin Oranges**

WGR Banana Muf-  
fins  
Pears

**Cottage Cheese  
Peaches**

CheX Cereal  
Bananas

**Diced Cheese  
CheX Cereal  
Applesauce**

Diced Cheese &  
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.*