

# March 2025 Breakfast & Snack Menu



EDMONDS COLLEGE  
HEAD START, EARLY  
HEAD START, AND ECEAP



**Tuesday**

**Wednesday**

**Thursday**

**Friday**

## 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!

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.

This institution is an equal opportunity provider.

4

**Cheerios  
Peaches**

WGR Bagel  
w/Cream Cheese  
Pears

5

**WGR Soft Pretzel  
w/ Honey Mustard  
Pineapple Tidbits**  
Yogurt  
Mandarin Oranges

6

**Deluxe Snack Mix  
(Cereal, Crackers,  
Dried Fruit)  
Bananas**  
WGR English Muffin w/  
Sun Butter  
Mini Apples

7

**Yogurt & Pear Par-  
fait w/ WGR Oat  
Topping**  
Cheese & Crack-  
ers  
Tropical Fruit

11

**WGR English Muffin  
w/ Sun Butter  
Mandarin Oranges**

Cheerios  
Pears

12

**WGR Bagel w/  
Cream Cheese  
Tropical Fruit**  
Cheese & Crack-  
ers  
Bananas

13

**Yogurt  
Pears**

Kix Cereal  
Mini Apples

14

**WGR Blueberry  
Muffins  
Peaches**

Cottage Cheese  
Mandarin Oranges

18

**Kix Cereal  
Mandarin Oranges**

WGR Bagel w/  
Cream Cheese  
Peaches

19

**WGR Soft Pretzel  
w/ Honey Mustard  
Pears**  
Yogurt  
Orange Wedges

20

**Deluxe Snack Mix  
(Cereal, Crackers,  
Dried Fruit)  
Tropical Fruit**  
WGR English Muffin w/  
Sun Butter  
Pineapple Tidbits

21

**WGR Banana  
Muffins  
Kiwi**

Cheerios  
Peaches

25

**Cheerios  
Pears**

WGR Soft Pretzel  
w/ Honey Mustard  
Mini Apples

26

**WGR English Muffin  
w/ Sun Butter  
Mandarin Oranges**  
WGR Banana  
Muffins  
Pears

27

**Yogurt  
Peaches**

WGR English Muf-  
fin w/ Sun Butter  
Bananas

28

**Chex Cereal  
Applesauce**

Deluxe Snack Mix  
Tropical Fruit