

May 2025 EHS 1-3YO Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday



Wednesday

Thursday

Friday

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

Snack Mix
Pineapple Tidbits

No Classes

**Cheerios
Applesauce**

WGR Bagels w/
Cream Cheese
Bananas

**WGR English Muffin
w/ Jam
Pears**

Yogurt
Mandarin Oranges

**Chex Cereal
Peaches**

Cheese and
Crackers
Pineapple Tidbits

**WGR Banana Muf-
fins
Applesauce**

Cottage Cheese
Mandarin Oranges

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

Chex Cereal
Peaches

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

Cheese and
Crackers
Pears

**Yogurt
Peaches**

WGR English Muf-
fin w/ Jam
Applesauce

**WGR Zucchini
Muffins
Pears**

WGR Bagels w/
Cream Cheese
Mandarin Oranges

**Cheerios
Pineapple Tidbits**

Cheese and
Crackers
Mandarin Oranges

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

WGR English Muf-
fin w/ Jam
Applesauce

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

WGR Blueberry
Muffins
Pineapple Tidbits

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

WGR Soft Pretzel
w/ Honey Mustard
Peaches

**Chex Cereal
Mandarin Oranges**

WGR Banana Muf-
fins
Pears

**WGR English Muffin
w/ Jam
Applesauce**

Yogurt
Peaches

**Cheerios
Pears**

WGR Blueberry
Muffins
Pineapple Tidbits

**WGR Banana Muf-
fins
Mandarin Oranges**

Chex Cereal
Peaches

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.

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

Infants 0-11 months old are offered breast milk or formula.

Children 12-23 months old are offered whole milk and everyone over 24 months is offered 1% milk with lunch and breakfast.

No peanut, nuts, or pork products are used in the preparation of any menu item.

This institution is an equal opportunity provider.