May 2025 EHS 1-3YO Breakfast & Snack Menu



edmonds college HEAD START, EARLY HEAD START, and ECEAP



Did You Know...

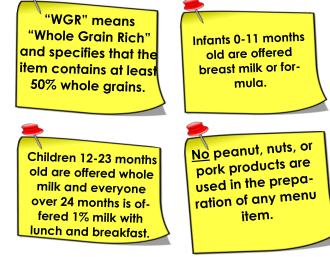
Children may not eat enough food with just 3 meals because their stomachs are small. They grow best with 3 meals and 1 to 2 small snacks each day.

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.



This institution is an equal opportunity provider.