## May 2025 EHS 1-3YO Breakfast & Snack Menu



edmonds college HEAD START, EARLY HEAD START, and ECEAP



## Did You Know...

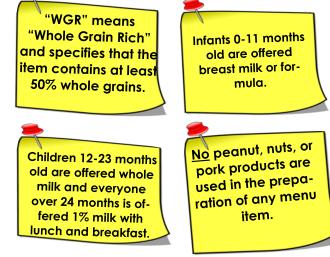
Children may not eat enough food with just 3 meals because their stomachs are small. They grow best with 3 meals and 1 to 2 small snacks each day.

## 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.