

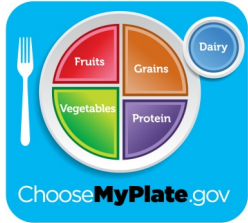
# May 2025 Breakfast & Snack Menu



EDMONDS COLLEGE  
HEAD START, EARLY  
HEAD START, AND ECEAP



**Tuesday**



**Wednesday**

**Thursday**

**Friday**

**Cheerios  
Mini Apples**

WGR Bagels w/  
Cream Cheese  
Bananas

**WGR English Muffin  
w/ Sun Butter  
Pears**

Yogurt  
Mandarin Oranges

**Kix Cereal  
Peaches**

Cheese and  
Crackers  
Pineapple Tidbits

**WGR Banana Muf-  
fins  
Applesauce**

Snack Mix  
Tropical Fruit

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

Kix Cereal  
Peaches

**WGR Bagels w/  
Cream Cheese  
Tropical Fruit**

Cheese and  
Crackers  
Pears

**Yogurt  
Peaches**

WGR English Muf-  
fin w/ Sun Butter  
Applesauce

**WGR Zucchini  
Muffins  
Pears**

WGR Bagels w/  
Cream Cheese  
Mandarin Oranges

**Kix Cereal  
Pineapple Tidbits**

Cheese and  
Crackers  
Mandarin Oranges

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

WGR English Muffin  
w/ Sun Butter  
Applesauce

**Yogurt & Pear Par-  
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/ Sun Butter  
Applesauce**

Yogurt  
Peaches

**Cheerios  
Pears**

WGR Blueberry  
Muffins  
Pineapple Tidbits

**WGR Banana Muf-  
fins  
Mandarin Oranges**

Kix 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.

## Try These Fun Snacks at Home!

**Frozen Yogurt Berries**—Dip fresh strawberries, raspberries or blueberries in yogurt. Place in the freezer and freeze until yogurt is frozen.

**Fruit Kabobs**—Put chunks of fruit and soft cheese on pretzel sticks or skewers.

"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. Milk (1% low fat) is served with every breakfast.

*This institution is an equal opportunity provider.*