

# July 2025 EHS Breakfast & Snack Menu



EDMONDS COLLEGE  
HEAD START AND  
EARLY HEAD START



## Tuesday

1

**Cheerios  
Mandarin Oranges**

Cheese and Crackers  
Pears

8

**WGR Bagel w/  
Cream Cheese  
Applesauce**

WGR Banana Muffin  
Pineapple Tidbits

15

**Cheerios  
Peaches**

WGR English Muffin  
w/ Jam  
Mandarin Oranges

22

**Chex Cereal  
Mandarin Oranges**

WGR Soft Pretzel w/  
Honey Mustard  
Pears

29

**Snack Mix  
(WGR Cereal, Crack-  
ers)  
Mandarin Oranges**

Yogurt  
Pears

## Wednesday

2

**WGR English Muffin w/  
Jam  
Pears**

Snack Mix  
(WGR Cereal, Crackers)  
Mandarin Oranges

9

**Snack Mix  
(WGR Cereal, Crack-  
ers)  
Peaches**

Yogurt  
Pears

16

**WGR Blueberry Muffin  
Applesauce**

WGR Soft Pretzel w/  
Honey Mustard  
Fresh Peaches

23

**Yogurt  
Peaches**

WGR Blueberry Muf-  
fin  
Pineapple Tidbits

30

**WGR Bagels w/  
Cream Cheese  
Peaches**

Cheese and  
Crackers  
Applesauce

## Thursday

3

**WGR Blueberry Bites  
Peaches**

Yogurt  
Bananas

10

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

Cheerios  
Applesauce

17

**Yogurt  
Strawberries**

WGR Bagel w/  
Cream Cheese  
Bananas

24

**WGR English Muffin  
w/ Jam  
Applesauce**

WGR Bagel w/  
Cream Cheese  
Melon

31

**Chex Cereal  
Pears**

WGR Banana Bites  
Mandarin Oranges

## Friday

4

**No Classes**

11

**WGR Banana Muffin  
Melon**

WGR Bagel w/  
Cream Cheese  
Mandarin Oranges

18

**WGR Zucchini Muffin  
Pineapple Tidbits**

Cheese and Crackers  
Applesauce

25

**WGR Blueberry Muffin  
Mandarin Oranges**

Kix Cereal  
Applesauce

# Happy Summer!



"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50%. Iron-fortified infant cereal is available for infants 6-11m old.

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

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.

*This institution is an equal opportunity provider.*