

June 2024 Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START, EARLY
HEAD START, AND ECEAP



Tuesday

Wednesday

Thursday

Friday

Kix Cereal
Mini Apples

4

Cheese and
Crackers
Tropical Fruit

WGR Bagels w/
Cream Cheese
Pears

5

WGR Blueberry
Muffins
Applesauce



Snack Mix
(Cereal, Crackers,
Dried Fruit)
Tropical Fruit

6

Cottage Cheese
Peaches

WGR Banana
Muffin
Pears

7

Yogurt
Mandarin Oranges

Snack Mix
(Cereal, Crack-
ers, Dried Fruit)
Mandarin Oranges

11

Cheerios
Pears

Yogurt and Berry
Parfait w/ Oat Top-
ping

12

WGR Soft Pretzel
w/ Honey Mustard
Peaches



WGR Berry Bites
Mini Apples

13

WGR Bagel w/
Cream Cheese
Applesauce



WGR English Muffin
w/ Sun butter
Pears

14

Cheese and Crack-
ers
Bananas

WGR Zucchini Bread
Applesauce

18

WGR Berry Bites
Peaches



No peanut, nuts, or
pork products are
used in the
preparation of any
menu item. Milk (1%
low fat) is served with
every breakfast.

Strawberry Mango Salsa

INGREDIENTS

3/4 cup diced strawberries
3/4 cup diced mango
1 jalapeno, seeded and minced
2 Tbs diced red onion

1 avocado, diced
2 Tbs chopped fresh cilantro
Juice of 1 lime
Salt and pepper to taste

DIRECTIONS

In a large bowl, combine strawberries, mango, avocado, jalapeno, onion, cilantro, and lime juice. Serve immediately over grilled fish, in a taco, or eat it plain!



This institution is an equal opportunity provider.

June is Berry Month!

One of the great opportunities of summer is visiting local you-pick farms. It is an excellent way for your child to learn about how fruits and vegetables grow, as well as using their motor skills to help pick their own produce. Did you know there are many farms within a 15 mile drive?



Did you know you can get extra WIC checks specifically to use at local farmer's markets? You can! All WIC participants are eligible! Ask your local WIC agency about which days this month you can get this benefit before they run out.

Many local farmer's markets also accept EBT benefits and some even match the amount you spend, giving you more produce for your money!