

September 2024 6-11mo Breakfast & Snack Menu



EDMONDS COLLEGE
HEAD START AND
EARLY HEAD START



Tuesday

Wednesday

Thursday

Friday

Infant Cereal
Diced Pears

WGR Goldfish
Crackers
Pineapple Tidbits

Yogurt
Diced Peaches

Cheerios
Diced Pears

Cottage Cheese
Pineapple Tidbits

Kix Cereal
Bananas

Diced Cheese
Crackers
Mandarin Oranges

WGR Banana bites
Diced Peaches

Infant Cereal
Applesauce

WGR Goldfish
Crackers
Mandarin Oranges

Yogurt
Diced Peaches

Cheerios
Applesauce

Cottage Cheese
Bananas

Kix Cereal
Tropical Fruit

Diced Cheese
Crackers
Pineapple Tidbits

WGR Blueberry
Bites
Diced Pears

Infant Cereal
Diced Pears

WGR Goldfish
Crackers
Pineapple Tidbits

Yogurt
Applesauce

Cheerios
Diced Pears

Cottage Cheese
Mandarin Oranges

Kix Cereal
Bananas

Diced Cheese
Crackers
Peaches

WGR Banana Bites
Applesauce

Infant Cereal
Applesauce

WGR Goldfish
Crackers
Diced Peaches

Yogurt
Diced Pears

Cheerios
Mandarin Oranges

Cottage Cheese
Diced Peaches

Kix Cereal
Pineapple Tidbits

Diced Cheese
Crackers
Mandarin Oranges

WGR Blueberry
Bites
Diced Pears

Harvest of the Month!

Every month we will showcase a different fruit or vegetable on the menu, in the meals, and in the classroom! Your child will participate in different activities and learn more about the Harvest of the Month in class. Ask your child what they are learning about apples this month and let them help you pick some out at the store!

Apple Car

INGREDIENTS

1 apple, sliced and cored
Grapes, cut in half if desired
Toothpicks

DIRECTIONS

- After you slice and core the apples, let children pick an apple slice to be their car. Then, help them push toothpicks into bottom of apple slice, with skin on top. Place a grape on each of the ends of the toothpicks.
- When ready to eat, help your child remove the pieces of fruit from the toothpicks and enjoy!



"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.

Children 12-23 months old are offered whole milk and everyone over 24 months is offered 1% milk with lunch.

Infants 0-11 months old are offered breast milk or formula.

This institution is an equal opportunity provider.