

# Breakfast

# Umatilla-Morrow Early Head Start

## December 2009

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>*Modify textures as needed</b></p> <p><b>*12-24 mo. get whole milk</b></p>	<p>1 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Apricots  <b>12-36 mo.:</b> Dutch Pancake Apricots Milk</p>	<p>2 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Banana  <b>12-36 mo.:</b> Cheerios Cereal Banana Milk</p>	<p>3 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Peaches  <b>12-36 mo.:</b> Cornbread w/ butter Peaches Milk</p>	<p>4 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Banana  <b>12-36 mo.:</b> Breakfast Banana Split (Yogurt, Banana, Strawberries, Crushed Pineapple) Whole Wheat Toast Milk</p>
	<p>7 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Peaches  <b>12-36 mo.:</b> Ritz Crackers lightly spread with peanut butter Peaches Milk</p>	<p>8 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Pears  <b>12-36 mo.:</b> Cranberry Orange Bread Crushed Pineapple Milk</p>	<p>9 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Applesauce  <b>12-36 mo.:</b> Whole Wheat Pancakes Pumpkin Butter Applesauce Milk</p>	<p>10 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Apricots  <b>12-36 mo.:</b> Whole Wheat Toast Chopped Grapes Milk</p>	<p>11 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Pears  <b>12-36 mo.:</b> Whole Wheat Roll Pears and Kiwi Milk</p>
	<p>14 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Applesauce  <b>12-36 mo.:</b> Scrambled Eggs Flour Tortilla Chopped Red Grapes Milk</p>	<p>15 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Peaches  <b>12-36 mo.:</b> Banana Bread Sliced Peaches Milk</p>	<p>16 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Pears  <b>12-36 mo.:</b> Chex Cereal (Wheat or Corn) Mandarin Oranges Milk</p>	<p>17  <b>Cook's Choice</b></p>	<p>18 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Applesauce  <b>12-36 mo.:</b> Golden Apple Oatmeal Apples-peeled, sliced thin or Applesauce Milk</p>
21	***	22 <b>Winter</b>	23 ***	24 <b>Break</b>	25 ***
28 <b>Winter</b>	29 ***	30 <b>Break</b>	31 <b>Fruit for 8-11 month olds will be pureed or in small soft pieces for finger feeding</b>		