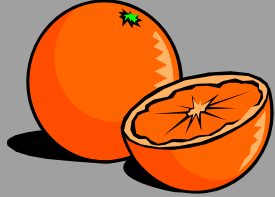


Umatilla-Morrow Head Start Breakfast
Snack for part day afternoon classes
December 2009

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Dutch Pancake Apricots Milk <i>WW Crackers Apricots Milk</i>	2 Cheerios Cereal Banana Milk	3 Cornbread Peaches Milk	4 Breakfast Banana Split (Yogurt, Banana, Strawberries, Pineapple Tidbits) Whole Wheat Toast Milk
7 Reindeer (Ritz Crackers Peanut Butter, Raisins, Dried Cranberries, Pretzels) Peaches Milk	8 Cranberry Orange Bread Pineapple Milk	9 Whole Wheat Pancakes Pumpkin Butter Applesauce Milk <i>Graham Crackers Pumpkin Butter Applesauce Milk</i>	10 Whole Wheat Toast Chopped Grapes Milk <i>Whole Grain Goldfish Crackers Chopped Grapes Milk</i>	11 Whole Wheat Roll Pears and Kiwi Milk
14 Scrambled Eggs Flour Tortilla Chopped Red Grapes Milk <i>Quesadilla Chopped Red Grapes Milk</i>	15 Banana Bread Sliced Peaches Milk	16 Chex Cereal (Wheat or Corn) Mandarin Oranges Milk	17 Cook's Choice	18 Golden Apple Oatmeal Apple Slices Milk
21 ***	22 Winter	23 ***	24 Break	25 ***
28 Winter	29 ***	30 Break	31 	

Menu Modifications for Part Day Afternoon class in *Italics