

Snack

Umatilla-Morrow Early Head Start

December 2009

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>*12-24 months get whole milk</p> <p>* Modify textures as needed</p>	<p>1 8-11 mo.: Breast Milk or Formula & Plain Crust pieces</p> <p>12-36 mo.: Peanut Butter Pizza (Crust, Peanut Butter & Sliced Bananas) Milk</p>	<p>2 8-11 mo.: Breast Milk or Formula & Tortilla pieces</p> <p>12-36 mo.: Homemade Guacamole (Avocadoes, Tomato, Onion, Cilantro, Lime Juice) Corn or Flour Tortillas Black Beans</p>	<p>3 8-11 mo.: Breast Milk or Formula & Ritz Crackers</p> <p>12-36 mo.: Boiled Egg WW Crackers</p>	<p>4 8-11 mo.: Breast Milk or Formula & Soft Pretzel pieces</p> <p>12-36 mo.: Soft Pretzel Apples-peeled, sliced thin or Applesauce</p>
	<p>7 8-11 mo.: Breast Milk or Formula & Ritz Crackers</p> <p>12-36 mo.: Graham Crackers Milk</p>	<p>8 8-11 mo.: Breast Milk or Formula & Soft Bread Stick pieces</p> <p>12-36 mo.: Soft Bread Sticks Pizza Sauce for Dipping Milk</p>	<p>9 8-11 mo.: Breast Milk or Formula & Unsalted Saltines</p> <p>12-36 mo.: Tropical Fruit Cocktail (Fresh Banana, Mango, Pineapple, Orange Juice & Mint) Mozzarella Cheese Slices</p>	<p>10 8-11 mo.: Breast Milk or Formula & Toast pieces</p> <p>12-36 mo.: Peanut Butter and Smashed Berry Sandwich Milk</p>	<p>11 8-11 mo.: Breast Milk or Formula & Ritz Crackers</p> <p>12-36 mo.: Cottage Cheese Peaches</p>
	<p>14 8-11 mo.: Breast Milk or Formula & Unsalted Saltines</p> <p>12-36 mo.: Whole Grain Goldfish Crackers Milk</p>	<p>15 8-11 mo.: Breast Milk or Formula & Ritz Crackers</p> <p>12-36 mo.: Cooked Carrots, Sweet Pepper Strips, Sugar Snap Peas & Cauliflower Ritz Crackers</p>	<p>16 8-11 mo.: Breast Milk or Formula & Toast pieces</p> <p>12-36 mo.: Banana Yogurt</p>	<p>17</p> <p>Cook's Choice</p>	<p>18 8-11 mo.: Breast Milk or Formula & Unsalted Saltines</p> <p>12-36 mo.: Animal Crackers Milk</p>
21	***	22	23	24	25
		Winter	***	Break	***
28	Winter	29	30	31	
		***	Break		