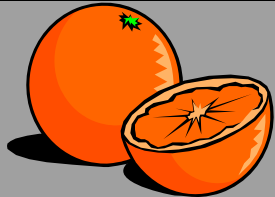


Umatilla-Morrow Head Start Breakfast Gladys Center

December 2009

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Cheerios Cereal Banana Milk	3 Breakfast Banana Split (Yogurt, Banana, Strawberries, Pineapple Tidbits) Whole Wheat Toast Milk	4
7 Reindeer (Ritz Crackers Peanut Butter, Raisins, Dried Cranberries, Pretzels) Peaches Milk	8	9 Whole Wheat Pancakes Pumpkin Butter Applesauce Milk	10 Whole Wheat English Muffin Chopped Grapes Milk	11
14 Quesadilla Chopped Red Grapes Milk	15	16 Chex Cereal (Wheat or Corn) Mandarin Oranges Milk	17 Cook's Choice	18
21 ***	22 Winter	23 ***	24 Break	25 ***
28 Winter	29 ***	30 Break	31	

****Menu Modifications for Part Day Afternoon class in *Italics***