

Snack

Umatilla-Morrow Head Start

December 2009

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
		1 Peanut Butter Pizza (Crust, Peanut Butter, Diced Apples & Sliced Bananas) Milk	2 Homemade Guacamole (Avocados, Tomato, Onion, Cilantro, Lime Juice) Corn or Flour Tortillas Black Beans	3 Boiled Egg WW Crackers	4 Soft Pretzel Apple Slices
	7 Graham Crackers Milk	8 Soft Bread Sticks Pizza Sauce for Dipping Milk	9 Tropical Fruit Cocktail (Fresh Banana, Mango, Pineapple, Orange Juice & Mint) Mozzarella Cheese Sticks	10 Peanut Butter and Smashed Berry Sandwich Milk	11 Cottage Cheese Sliced Peaches
	14 Whole Grain Goldfish Crackers Milk	15 Carrot Sticks, Sweet Pepper Strips, Sugar Snap Peas & Cauliflower Ranch Dip Wheat Thins	16 Banana Yogurt	17 Cook's Choice	18 Animal Crackers Milk
21	***	22 Winter	23 ***	24 Break	25 ***
28	Winter	29 ***	30 Break	31	