


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

November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Wheat Roll Pineapple Milk	3 Whole Wheat Cheese Toast Chopped Grapes Milk	4 Carrot Spice Muffins Pears & Kiwi Milk	5 Scrambled Eggs WW or Enr. Flour Tortilla Orange Slices Milk <i>Boiled Egg</i> <i>Whole Wheat Crackers</i> <i>Orange Slices</i> <i>Milk</i>	6 Whole Wheat Pancakes Sweet and Chunky Fruit Topping Applesauce Milk
9 Whole Grain Bagel Peanut Butter Peaches Milk	10 Oatmeal Apricots Milk <i>Animal Crackers</i> <i>Apricots</i> <i>Milk</i>	11 Holiday	12 Quesadilla (WW or Enr. Flour Tortillas with Melted Cheese) Fresh Pear Slices Milk	13 Popovers Mandarin Oranges Milk
16 Chex (Wheat, Corn or Rice) Peaches Milk	17 Whole Wheat Banana Bread Pear Slices Milk	18 Rice with Raisins and Cinnamon Orange Slices Milk <i>Graham Crackers</i> <i>Orange Slices</i> <i>Milk</i>	19 Double Berry Smoothie(strawberries, raspberries, apple juice, banana) WW Toast Milk	20 Wheaties Banana Milk
23 Whole Wheat English Muffin Pears & Kiwi Milk	24 French Toast Applesauce Milk <i>Whole Grain Goldfish</i> <i>Crackers</i> <i>Applesauce</i> <i>Milk</i>	25 Cook's Choice	26 Holiday	27 Holiday
30 Peanut Butter Roll-Up (Flour Tortilla, Peanut Butter, Banana, Raisins) Banana Slices Milk				

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

UMCHS is an Equal Opportunity Provider