

Umatilla-Morrow Early Head Start Breakfast

November 2009

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 8-11mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Whole Wheat Roll Crushed Pineapple Milk</p>	<p>3 8-11mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Whole Wheat Cheese Toast Chopped Grapes Milk</p>	<p>4 8-11mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Carrot Spice Muffins Pears & Kiwi Milk</p>	<p>5 8-11mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Scrambled Eggs Flour Tortilla Thin Orange Slices or Mandarin Milk</p>	<p>6 8-11mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Whole Wheat Pancakes Sweet and Chunky Fruit Topping Applesauce Milk</p>
<p>9 8-11mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Whole Grain Bagel Peanut Butter Peaches Milk</p>	<p>10 8-11mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Oatmeal Apricots Milk</p>	<p>11 Holiday</p>	<p>12 8-11mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Quesadilla (Flour Tortilla with Melted Cheese) Diced Pears Milk</p>	<p>13 8-11mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Popovers Mandarin Oranges Milk</p>
<p>16 8-11mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Chex (Wheat, Corn or Rice-soften with milk) Peaches Milk</p>	<p>17 8-11mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Whole Wheat Banana Bread Diced Pears Milk</p>	<p>18 8-11mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Rice with Cinnamon Thin Orange Slices or Mandarin Milk</p>	<p>19 8-11mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Double Berry Smoothie(strawberries, raspberries, apple juice, banana) WW Toast Milk</p>	<p>20 8-11mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Wheaties-soften with milk Banana Milk</p>
<p>23 8-11mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Whole Wheat English Muffin Pears & Kiwi Milk</p>	<p>24 8-11mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: French Toast Applesauce Milk</p>	<p>25 Cook's Choice</p>	<p>26 Holiday</p>	<p>27 Holiday</p>
<p>30 8-11mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Peanut Butter Roll-Up (Flour Tortilla w/ thinly spread Peanut Butter) Banana Slices Milk</p>	<p>Fruit for 8-11 month olds will be pureed or in small soft pieces for finger feeding</p>	<p>*Modify textures as needed *12-24 mo. get whole milk</p>		