

# Umatilla-Morrow Early Head Start Snack

## November 2009

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Animal Crackers                      Diced Peaches</p>	<p>3 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> Berry Banana Fruit Smoothie (Banana, strawberry yogurt, pineapple juice)                      Ritz Crackers</p>	<p>4 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Toast pieces  <b>12-36 mo.:</b> Cranberry Orange Bread                      Milk</p>	<p>5 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> Goldfish Crackers                      Milk</p>	<p>6 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Cheerios                      Milk</p>
<p>9 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> Tropical Fruit Cocktail (Fresh Banana, Mango, Pineapple, Orange Juice &amp; Mint)                      Mozzarella Cheese Slices</p>	<p>10 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Steamed Carrot, Cauliflower &amp; Cucumber                      Diced Tomato                      WW Crackers</p>	<p>11  <b>Holiday</b></p>	<p>12 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> Hula Muffins (carrot &amp; pineapple)                      Milk</p>	<p>13 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Toast pieces  <b>12-36 mo.:</b> Frozen Applesauce and Fruit Cup                      Milk</p>
<p>16 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> Apples-peeled, sliced thin or Applesauce                      Yogurt</p>	<p>17 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Toast pieces  <b>12-36 mo.:</b> Turkey Breast Sandwich                      Milk</p>	<p>18 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Sliced Bananas                      Chopped Grapes                      Milk</p>	<p>19 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Soft Bread Stick pieces  <b>12-36 mo.:</b> Soft Bread Sticks                      Pizza Sauce for Dipping                      Milk</p>	<p>20 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Graham Crackers                      Milk</p>
<p>23 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Crunchy Snack Mix (Wheat Chex, Corn Chex, Cheerios and Goldfish Crackers)                      Milk</p>	<p>24 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> Orangana Smoothie (Banana, vanilla yogurt &amp; orange juice)                      WW Crackers</p>	<p>25  <b>Cook's Choice</b></p>	<p>26  <b>Holiday</b></p>	<p>27  <b>Holiday</b></p>
<p>30 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Tortilla pieces  <b>12-36 mo.:</b> Beans                      Shredded Cheese                      Tortilla                      Diced Tomato</p>	<p><b>*12-24 months get whole milk</b>   <b>* Modify textures as needed</b></p>			