

Umatilla-Morrow Head Start Breakfast-Gladys

November 2009

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Wheat Roll Pineapple Milk	3	4 Oatmeal Apricots Milk	5 Whole Wheat Pancakes Applesauce Milk	6
9 Whole Grain Bagel Peanut Butter Peaches Milk	10	11 Holiday	12 Quesadilla (WW or Enr. Flour Tortillas with Melted Cheese) Fresh Pear Slices Milk	13
16 Chex (Wheat, Corn or Rice) Peaches Milk	17	18 Rice with Raisins and Cinnamon Orange Slices Milk	19 Double Berry Smoothie(strawberries, raspberries, apple juice, banana) WW Toast Milk	20
23 Whole Wheat English Muffin Pears & Kiwi Milk	24	25 Cook's Choice	26 Holiday	27 Holiday
30 Peanut Butter Roll-Up (Flour Tortilla, Peanut Butter, Banana, Raisins) Banana Slices Milk				