

Snack

Umatilla-Morrow Head Start

November 2009

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
	2 Animal Crackers Peaches	3 Berry Banana Fruit Smoothie (Banana, strawberry yogurt, pineapple juice) LS Wheat Thins	4 Cranberry Orange Bread Milk	5 Go Fishing Snack (Pretzel sticks, peanut butter, goldfish crackers) Milk	6 Cheerios Milk
	9 Tropical Fruit Cocktail (Fresh Banana, Mango, Pineapple, Orange Juice & Mint) Mozzarella Cheese Sticks	10 Carrot Sticks, Cauliflower, Cucumber Slices, Tomato Slices & Sliced Olives Ranch Dip WW Crackers	11 Holiday	12 Hula Muffins (carrot & pineapple) Milk	13 Frozen Applesauce and Fruit Cup Milk
	16 Apple Slices Yogurt	17 Turkey Breast Sandwich Milk	18 “Candles” (Place half a banana inside a pineapple ring. Place a red grape half on top of banana) Milk	19 Soft Bread Sticks Pizza Sauce for Dipping Milk	20 Graham Crackers Milk
	23 Crunchy Snack Mix (Wheat Chex, Corn Chex, Cheerios and Goldfish Crackers) Milk	24 Orangana Smoothie (Banana, vanilla yogurt & orange juice) WW Crackers	25 Cook’s Choice	26 Holiday	27 Holiday
	30 Beans Cheese Tortilla Diced Tomato				