


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

**October 2009**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 English Muffin Faces (English muffin, peanut butter, shredded carrots, grape halves & pineapple tidbits) Pineapple Milk	2 Whole Wheat Roll Peaches Milk
5 Cornmeal Pancakes Applesauce Milk <i>Cornbread</i> Applesauce Milk	6 Cream of Wheat Sliced Peaches Milk <i>Animal Crackers</i> Sliced Peaches Milk	7 Rice with Raisins and Cinnamon Mango Milk <i>Cinnamon Raisin Bagel</i> Mango Milk	8 Breakfast Banana Split (Yogurt, Banana, Strawberries, Pineapple Tidbits) Cheerios for Topping Milk	9 Multi-grain Toast Apple Slices Milk
12 Golden Apple Oatmeal Apricots Milk <i>Whole Grain Goldfish</i> Crackers Apple Slices Milk	13 Quesadilla (Flour Tortilla with melted cheese) Chopped Grapes Milk	14 <b>Cook's Choice</b>	15 Cheerios Cereal Banana Milk	16 <b>Staff Meeting</b>
19 Peanut Butter on Warm Whole Wheat Flour Tortillas Peaches Milk	20 Spiders (WW Bread Dough "body", raisin "eyes" and pretzel "legs") Applesauce Milk	21 Peach Yogurt Smoothie (Yogurt, Banana, Peaches, Orange Juice) Whole Wheat Toast Milk	22 Cranberry Orange Bread Pears & Kiwi Milk	23 Whole Grain Bagel Chopped Grapes Milk
26 Dutch Pancake Berries & Banana Milk <i>Graham Crackers</i> Berries & Banana Milk	27 Malt-O-Meal Apricots Milk <i>WW Ritz Crackers</i> Apricots Milk	28 Banana Bread Sliced Peaches Milk	29 Cinnamon Toast Chopped Grapes Milk <i>Cinnamon Bread</i> Chopped Grapes Milk	30 Pumpkin Muffin Pears and Kiwi Milk

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

UMCHS is an Equal Opportunity Provider