


**Umatilla-Morrow Head Start**  
**Breakfast**  
**Gladys Center**

**October 2009**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 English Muffin Faces (English muffin, peanut butter, shredded carrots, grape halves & pineapple tidbits) Pineapple Milk	2
5 Cornmeal Pancakes Applesauce Milk	6	7 Rice with Raisins and Cinnamon Mango Milk	8 Breakfast Banana Split (Yogurt, Banana, Strawberries, Pineapple Tidbits) Cheerios for Topping Milk	9
12 Golden Apple Oatmeal Apricots Milk	13	<b>Cook's Choice</b>	15 Cheerios Cereal Banana Milk	<b>Staff Meeting</b>
19 Peanut Butter on Warm Whole Wheat Flour Tortillas Peaches Milk	20	21 Peach Yogurt Smoothie (Yogurt, Banana, Peaches, Orange Juice) Whole Wheat Toast Milk	22 Whole Grain Bagel Pears & Kiwi Milk	23
26 Quesadilla (Flour Tortilla with melted cheese) Chopped Grapes Milk	27	28 Cinnamon Toast Sliced Peaches Milk	29 Cat's Eyes (Ritz Crackers, Peanut Butter, Banana and Raisins) Banana Slices Milk	30

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

UMCHS is an Equal Opportunity Provider