


# Umatilla-Morrow Early Head Start Breakfast

October 2009

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Fruit for 8-11 month olds will be pureed or in small soft pieces for finger feeding</b></p>	<p><b>*Modify textures as needed</b></p> <p><b>*12-24 mo. get whole milk</b></p>	<p><b>1 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Applesauce  <b>12-36 mo.:</b> Whole Wheat English Muffin                      Peanut Butter                      Crushed Pineapple                      Milk</p>	<p><b>2 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Peaches  <b>12-36 mo.:</b> Whole Wheat Roll                      Peaches                      Milk</p>
<p><b>5 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Applesauce  <b>12-36 mo.:</b> Cornmeal Pancakes                      Applesauce                      Milk</p>	<p><b>6 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Peaches  <b>12-36 mo.:</b> Cream of Wheat                      Diced Peaches                      Milk</p>	<p><b>7 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Pears  <b>12-36 mo.:</b> Rice with Cinnamon                      Mango                      Milk</p>	<p><b>8 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Banana  <b>12-36 mo.:</b> Breakfast Banana Split (Yogurt, Banana, Strawberries, Crushed Pineapple)                      Cheerios for Topping                      Milk</p>	<p><b>9 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Applesauce  <b>12-36 mo.:</b> Multi-grain Toast                      Apples-peeled, sliced thin or Applesauce                      Milk</p>
<p><b>12 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Apricots  <b>12-36 mo.:</b> Golden Apple                      Oatmeal                      Apricots                      Milk</p>	<p><b>13 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Applesauce  <b>12-36 mo.:</b> Quesadilla (Flour Tortilla with melted cheese)                      Chopped Grapes                      Milk</p>	<p>14</p> <p><b>Cook's Choice</b></p>	<p><b>15 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Banana  <b>12-36 mo.:</b> Cheerios                      Cereal                      Banana                      Milk</p>	<p>16</p> <p><b>Staff Meeting</b></p>
<p><b>19 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Peaches  <b>12-36 mo.:</b> Peanut Butter on Warm Whole Wheat Flour Tortillas                      Peaches                      Milk</p>	<p><b>20 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Applesauce  <b>12-36 mo.:</b> WW Roll                      Applesauce                      Milk</p>	<p><b>21 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Banana  <b>12-36 mo.:</b> Peach Yogurt Smoothie (Yogurt, Banana, Peaches, Orange Juice)                      Whole Wheat Toast                      Milk</p>	<p><b>22 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Pears  <b>12-36 mo.:</b> Cranberry Orange Bread                      Pears &amp; Kiwi                      Milk</p>	<p><b>23 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Applesauce  <b>12-36 mo.:</b> Whole Grain Bagel                      Chopped Grapes                      Milk</p>
<p><b>26 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Banana  <b>12-36 mo.:</b> Dutch Pancake                      Berries &amp; Banana                      Milk</p>	<p><b>27 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Apricots  <b>12-36 mo.:</b> Malt-O-Meal                      Apricots                      Milk</p>	<p><b>28 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Peaches  <b>12-36 mo.:</b> Banana Bread                      Peaches                      Milk</p>	<p><b>29 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Applesauce  <b>12-36 mo.:</b> Cinnamon Toast                      Chopped Grapes                      Milk</p>	<p><b>30 8-11mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Pears  <b>12-36 mo.:</b> Pumpkin Muffin                      Pears and Kiwi                      Milk</p>