

# Snack

# Umatilla-Morrow Early Head Start

## October 2009

Monday	Tuesday	Wednesday	Thursday	Friday
UMCHS is an Equal Opportunity Provider	<p><b>*12-24 months get whole milk</b></p> <p><b>* Modify textures as needed</b></p>		<p><b>1 8-11 mo.:</b> Breast Milk or Formula &amp; Toast pieces</p> <p><b>12-36 mo.:</b> Carrot Spice Muffins Milk</p>	<p><b>2 8-11 mo.:</b> Breast Milk or Formula &amp; Soft Tortilla pieces</p> <p><b>12-36 mo.:</b> Homemade Guacamole (Avocados, Tomato, Onion, Cilantro, Lime Juice) Corn or Flour Tortillas Black Beans</p>
<p><b>5 8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers</p> <p><b>12-36 mo.:</b> Crunchy Snack Mix (Corn Chex, Cheerios and Goldfish Crackers) Milk</p>	<p><b>6 8-11 mo.:</b> Breast Milk or Formula &amp; Toast pieces</p> <p><b>12-36 mo.:</b> Peanut Butter Pizza (Crust, Peanut Butter &amp; Sliced Bananas) Milk</p>	<p><b>7 8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines</p> <p><b>12-36 mo.:</b> Animal Crackers Milk</p>	<p><b>8 8-11 mo.:</b> Breast Milk or Formula &amp; WW Roll pieces</p> <p><b>12-36 mo.:</b> WW Roll Pears</p>	<p><b>9 8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers</p> <p><b>12-36 mo.:</b> Diced Tomato Cheese Slices</p>
<p><b>12 8-11 mo.:</b> Breast Milk or Formula &amp; Soft Bread Stick pieces</p> <p><b>12-36 mo.:</b> Soft Bread Sticks Pizza Sauce for Dipping Milk</p>	<p><b>13 8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers</p> <p><b>12-36 mo.:</b> Applesauce WW Ritz Crackers</p>	<p>14</p> <p><b>Cook's Choice</b></p>	<p><b>15 8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines</p> <p><b>12-36 mo.:</b> Cottage Cheese Diced Peaches</p>	<p>16</p> <p><b>Staff Meeting</b></p>
<p><b>19 8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers</p> <p><b>12-36 mo.:</b> Chex Cereal (Corn or Rice) Milk</p>	<p><b>20 8-11 mo.:</b> Breast Milk or Formula &amp; Toast pieces</p> <p><b>12-36 mo.:</b> Pumpkin Muffin Milk</p>	<p><b>21 8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines</p> <p><b>12-36 mo.:</b> Graham Crackers Bananas</p>	<p><b>22 8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers</p> <p><b>12-36 mo.:</b> Apples-peeled, sliced thin or Applesauce Yogurt</p>	<p><b>23 8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines</p> <p><b>12-36 mo.:</b> Boiled Egg Cooked Baby Carrots</p>
<p><b>26 8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines</p> <p><b>12-36 mo.:</b> Whole Wheat Goldfish Crackers Chopped Grapes</p>	<p><b>27 8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers</p> <p><b>12-36 mo.:</b> Frozen Berry Yogurt Popsicles WW Crackers</p>	<p><b>28 8-11 mo.:</b> Breast Milk or Formula &amp; Toast pieces</p> <p><b>12-36 mo.:</b> Carrot Sticks, Sweet Pepper Strips, Sugar Snap Peas &amp; Broccoli Florets-all cooked Milk</p>	<p><b>29 8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers</p> <p><b>12-36 mo.:</b> Ritz Cracker Peanut Butter Banana Slices Milk</p>	<p><b>30 8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines</p> <p><b>12-36 mo.:</b> Cornbread Milk</p>