

Snack

Umatilla-Morrow Head Start

October 2009

Monday	Tuesday	Wednesday	Thursday	Friday
UMCHS is an Equal Opportunity Provider			1 Carrot Spice Muffins Milk	2 Homemade Guacamole (Avocados, Tomato, Onion, Cilantro, Lime Juice) Corn or Flour Tortillas Black Beans
5 Crunchy Snack Mix (Wheat Chex, Corn Chex, Cheerios and Goldfish Crackers) Milk	6 Peanut Butter Pizza (Crust, Peanut Butter, Diced Apples & Sliced Bananas) Milk	7 Animal Crackers Milk	8 WW Roll Pears	9 Tomato Slices Cheese Sticks
12 Soft Bread Sticks Pizza Sauce for Dipping Milk	13 Applesauce WW Ritz Crackers	14 Cook's Choice	15 Cottage Cheese Sliced Peaches	16 Staff Meeting
19 Chex Cereal (Wheat, Corn or Rice) Milk	20 Pumpkin Muffin Milk	21 Graham Crackers Bananas	22 Apple Slices Yogurt	23 Boiled Egg Baby Carrots
26 Whole Wheat Goldfish Crackers Chopped Grapes	27 Frozen Berry Yogurt Popsicles WW Crackers	28 Carrot Sticks, Sweet Pepper Strips, Sugar Snap Peas & Broccoli Florets Ranch Dip Milk	29 Cat's Eyes (Ritz Cracker, Peanut Butter, Banana and Raisins) Milk	30 Cornbread Milk