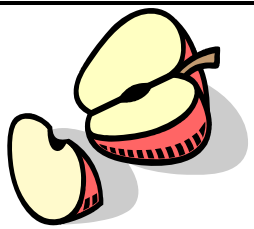


**Umatilla-Morrow Head Start Breakfast
September 2009
Snack for part day afternoon classes**

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
7 Holiday	8 Quesadilla (WW or Enr. Flour Tortillas with Melted Cheese) Apple Slices Milk	9 Zucchini Bread Honeydew Melon Milk	10 Cheerios Cereal Banana Milk	11 Oatmeal Peaches Milk <i>Whole Wheat English Muffin Peaches Milk</i>
14 Whole Wheat Roll Fresh Plums Milk	15 Banana Bread Apricots Milk	16 Peach Yogurt Smoothie (Yogurt, Banana, Peaches, Orange Juice) Whole Wheat Toast Milk	17 Whole Wheat Pancakes Applesauce Milk <i>Graham Crackers Applesauce Milk</i>	18 Cream of Wheat Sliced Peaches Milk
21 Multi-grain Toast Apple Slices Milk <i>Whole Wheat Crackers Apple Slices Milk</i>	22 Hula Muffins (carrot & pineapple) Peaches Milk	23 Peanut Butter on Warm WW or White Enr. Flour Tortillas Cantaloupe Milk	24 Popovers Apricots Milk	25 Whole Wheat English Muffin Pineapple Milk
28 Whole Wheat Bagels Pears Milk	29 Bran Muffin Banana Milk	30 Chex Cereal (Wheat, Corn or Rice) Apricots Milk	Eat Fruits and Veggies Every Day!	

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