

Umatilla-Morrow Early Head Start Breakfast

September 2009

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
7 Holiday		8 8-11mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Quesadilla (Flour Tortillas with Melted Cheese) Apples-peeled, sliced thin or Applesauce Milk	9 8-11mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Zucchini Bread Honeydew Melon or Pears Milk	10 8-11mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Cheerios Cereal Banana Milk	11 8-11mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Oatmeal Peaches Milk
14 8-11mo.: Breast Milk or Formula, Infant Cereal & Plums 12-36 mo.: Whole Wheat Roll Plums Milk	15 8-11mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Banana Bread Apricots Milk	16 8-11mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Peach Yogurt Smoothie (Yogurt, Banana, Peaches, Orange Juice) Whole Wheat Toast Milk	17 8-11mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Whole Wheat Pancakes Applesauce Milk	18 8-11mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Cream of Wheat Peaches Milk	
21 8-11mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Multi-grain Toast Apples-peeled, sliced thin or Applesauce Milk	22 8-11mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Hula Muffins (carrot & pineapple) Peaches Milk	23 8-11mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Peanut Butter on Warm Flour Tortillas Cantaloupe or Pears Milk	24 8-11mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Popovers Apricots Milk	25 8-11mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Whole Wheat English Muffin Crushed Pineapple Milk	
28 8-11mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Whole Wheat Bagels Pears Milk	29 8-11mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Bran Muffin Banana Milk	30 8-11mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Chex Cereal (Wheat, Corn or Rice) Apricots Milk	Fruit for 8-11 month olds will be pureed or in small soft pieces for finger feeding	*Modify textures as needed *12-24 mo. get whole milk	

