

Umatilla-Morrow Head Start Breakfast Gladys Center

September 2009

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
7 Holiday	8	9 Cheerios Cereal Banana Milk	10 Quesadilla (WW or Enr. Flour Tortillas with Melted Cheese) Honeydew Melon Milk	11
14 Whole Wheat Roll Fresh Plums Milk	15	16 Peach Yogurt Smoothie (Yogurt, Banana, Peaches, Orange Juice) Whole Wheat Toast Milk	17 Whole Wheat Pancakes Applesauce Milk	18
21 Multi-grain Toast Apple Slices Milk	22	23 Peanut Butter on Warm WW or White Enr. Flour Tortillas Cantaloupe Milk	24 Whole Wheat English Muffin Apricots Milk	25
28 Whole Wheat Bagels Pears Milk	29	30 Chex Cereal (Wheat, Corn or Rice) Apricots Milk		

Eat Fruits and Veggies Every Day!

