

Snack

Umatilla-Morrow Head Start

September 2009

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
7 Holiday	8 Animal Crackers Peaches	9 Mango, Banana and Chopped Red Grapes WW Crackers	10 Soft Bread Sticks Pizza Sauce for Dipping Milk	11 Apple Slices Vanilla Yogurt
14 Cottage Cheese Sliced Peaches	15 Beans Cheese Tortilla	16 Graham Crackers Milk	17 Go Fishing Snack (Pretzel sticks, peanut butter, goldfish crackers) Milk	18 Frozen Applesauce and Fruit Cup WW Roll
21 Mozzarella Cheese Sticks Mandarin Oranges	22 Carrot Sticks, Cauliflower, Cucumber Slices, Tomato Slices & Sliced Olives Ranch Dip WW Crackers	23 Crunchy Bananas on a Stick (Bananas, Yogurt, Cheerios) Milk	24 Bagel Chopped Grapes	25 Turkey Breast Sandwich Milk
28 Fruit and Yogurt Parfait (Bananas and Berries layered with Yogurt and topped with Cheerios)	29 Crunchy Snack Mix (Wheat Chex, Goldfish, Cheerios) Milk	30 Pumpkin Muffin Pears	Eat Fruits and Veggies Every Day! 	

