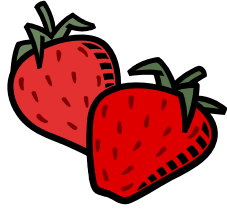


# Breakfast

# Umatilla-Morrow Head Start Snack for part day afternoon classes April 2010

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Peanut Butter on Warm Flour Tortillas Chopped Grapes Milk	2 Oatmeal Bananas & Berries Milk
5 Life Cereal Apricots Milk	6 Scrambled Eggs WW or Enr. Flour Tortilla Orange Slices Milk  <i>Whole Grain Crackers Orange Slices Milk</i>	7 Breakfast Banana Split (Yogurt, Banana, Strawberries, Pineapple Tidbits) Cheerios and Chex for Topping Milk	8 Oatmeal Berry Muffin Applesauce Milk	9 Multi-grain Toast Peaches Milk
12 Double Berry Smoothie(strawberries, raspberries, apple juice, banana) Whole Wheat Roll Milk	13 Whole Wheat Bagels Mango and Bananas Milk	14 Whole Wheat Cheese Toast Pears & Kiwi Milk	15 English Muffin Faces (WW English muffin, peanut butter, shredded carrots, grape halves & pineapple tidbits) Pineapple Milk	16 Cream of Wheat Apricots Milk
19 Chex Cereal (Wheat, Corn or Rice) Peaches Milk	20 Banana Bread Apricots Milk	21 Big Mouth Biscuits(Biscuits, Apple Slices, Shredded Cheese) Pineapple Tidbits Milk	22 Dutch Pancake Berries & Pears Milk  <i>Whole Grain Goldfish Crackers Berries &amp; Pears Milk</i>	23 “Beary” Good Trail Mix (Wheat Chex, Cheerios, Teddy Grahams and Dried Cranberries) Bananas Milk
26 Cinnamon Toast Pears and Kiwi Milk	27 Carrot Spice Muffins Bananas and Berries Milk	28 Quesadilla (WW or Enr. Flour Tortillas with Melted Cheese) Peaches Milk	29 <b>Cook’s Choice</b>	30 <b>Wellness Day</b>

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