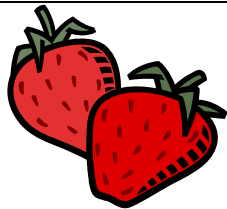


Breakfast

Umatilla-Morrow Early Head Start

April 2010

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
	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	1 8-11mo.: Breast Milk, or Formula, Infant Cereal & Peaches 12-36 mo.: Peanut Butter on Warm Flour Tortillas Chopped Grapes Milk	2 8-11mo.: Breast Milk, or Formula, Infant Cereal & Bananas 12-36 mo.: Oatmeal Bananas & Berries Milk
5 8-11mo.: Breast Milk, or Formula, Infant Cereal & Apricots 12-36 mo.: Life Cereal Apricots Milk	6 8-11mo.: Breast Milk, or Formula, Infant Cereal & Applesauce 12-36 mo.: Scrambled Eggs Flour Tortilla Thin Orange Slices or Mandarin Milk	7 8-11mo.: Breast Milk, or Formula, Infant Cereal & Bananas 12-36 mo.: Breakfast Banana Split (Yogurt, Banana, Strawberries, Crushed Pineapple) Cheerios and Chex for Topping Milk	8 8-11mo.: Breast Milk, or Formula, Infant Cereal & Applesauce 12-36 mo.: Oatmeal Berry Muffin Applesauce Milk	9 8-11mo.: Breast Milk, or Formula, Infant Cereal & Peaches 12-36 mo.: Multi-grain Toast Peaches Milk
12 8-11mo.: Breast Milk, or Formula, Infant Cereal & Applesauce 12-36 mo.: Double Berry Smoothie(strawberries, raspberries, apple juice, banana) Whole Wheat Roll Milk	13 8-11mo.: Breast Milk, or Formula, Infant Cereal & Bananas 12-36 mo.: Whole Wheat Bagels Mango and Bananas Milk	14 8-11mo.: Breast Milk, or Formula, Infant Cereal & Pears 12-36 mo.: Whole Wheat Cheese Toast Pears & Kiwi Milk	15 8-11mo.: Breast Milk, or Formula, Infant Cereal & Peaches 12-36 mo.: WW English Muffin with Peanut Butter Pineapple Tidbits/Crushed Milk	16 8-11mo.: Breast Milk, or Formula, Infant Cereal & Apricots 12-36 mo.: Cream of Wheat Apricots Milk
19 8-11mo.: Breast Milk, or Formula, Infant Cereal & Peaches 12-36 mo.: Chex Cereal (Wheat, Corn or Rice) Peaches Milk	20 8-11mo.: Breast Milk, or Formula, Infant Cereal & Apricots 12-36 mo.: Banana Bread Apricots Milk	21 8-11mo.: Breast Milk, or Formula, Infant Cereal & Applesauce 12-36 mo.: Biscuits Pineapple Tidbits/Crushed Milk	22 8-11mo.: Breast Milk, or Formula, Infant Cereal & Pears 12-36 mo.: Dutch Pancake Berries & Pears Milk	23 8-11mo.: Breast Milk, or Formula, Infant Cereal & Bananas 12-36 mo.: “Beary” Good Mix (Cheerios, Rice Chex, Teddy Grahams) Bananas Milk
26 8-11mo.: Breast Milk, or Formula, Infant Cereal & Pears 12-36 mo.: Cinnamon Toast Pears and Kiwi Milk	27 8-11mo.: Breast Milk, or Formula, Infant Cereal & Bananas 12-36 mo.: Carrot Spice Muffins Bananas and Berries Milk	28 8-11mo.: Breast Milk, or Formula, Infant Cereal & Peaches 12-36 mo.: Quesadilla (WW Flour Tortillas with Melted Cheese) Peaches Milk	29 Cook’s Choice	30 Wellness Day