


Snack

Umatilla-Morrow Early Head Start

April 2010

UMCHS is an Equal Opportunity Provider

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
|  | <p>*12-24 months get whole milk</p> <p>* Modify textures as needed</p> | | <p>1 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Frozen Berry Yogurt Popsicles Graham Crackers</p> | <p>2 8-11 mo.: Breast Milk or Formula, Unsalted Saltines & Cheerios 12-36 mo.: Cheerios Milk</p> |
| <p>5 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Crunchy Snack Mix (Wheat Chex, Corn Chex, Cheerios and Goldfish Crackers) Milk</p> | <p>6 8-11 mo.: Breast Milk or Formula & Toast pieces 12-36 mo.: Peanut Butter and Smashed Berry Sandwich Milk</p> | <p>7 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Bran Muffin Pears</p> | <p>8 8-11 mo.: Breast Milk or Formula & Toast pieces 12-36 mo.: Tropical Fruit Cocktail (Fresh Banana, Mango, Pineapple, Orange Juice & Mint) Mozzarella Cheese Slices</p> | <p>9 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Vanilla Yogurt Apples-peeled, sliced thin or Applesauce</p> |
| <p>12 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Carrots, Sweet Pepper Strips, Sugar Snap Peas & Broccoli Florets-all steamed WW Crackers</p> | <p>13 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Go Fishing Snack (Pretzel sticks, peanut butter, goldfish crackers) Milk</p> | <p>14 8-11 mo.: Breast Milk or Formula & Toast pieces 12-36 mo.: Hula Muffins (carrot & pineapple) Milk</p> | <p>15 8-11 mo.: Breast Milk or Formula, Ritz Crackers & Cheerios 12-36 mo.: Crunchy Bananas on a Stick (Bananas, Yogurt, Cheerios) Milk</p> | <p>16 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Cottage Cheese Sliced Peaches</p> |
| <p>19 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Soft Pretzel Applesauce</p> | <p>20 8-11 mo.: Breast Milk or Formula & Animal Crackers (none with honey as an ingredient) 12-36 mo.: Animal Crackers Milk</p> | <p>21 8-11 mo.: Breast Milk or Formula & Toast pieces 12-36 mo.: Turkey Sandwich Milk</p> | <p>22 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Steamed Carrots, Cauliflower, & Cucumber Slices, Diced Tomatoes & Sliced Olives WW Crackers</p> | <p>23 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Cheddar Cheese Slices Sliced Pears</p> |
| <p>26 8-11 mo.: Breast Milk or Formula & Bagel pieces 12-36 mo.: Whole Wheat Bagel Chopped Grapes</p> | <p>27 8-11 mo.: Breast Milk or Formula & Bread Stick pieces 12-36 mo.: Soft Bread Sticks Pizza Sauce for Dipping Milk</p> | <p>28 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Cornbread Applesauce</p> | <p>29</p> <p>Cook's Choice</p> | <p>30</p> <p>Wellness Day</p> |