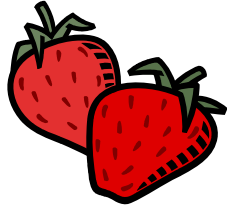


# Breakfast

# Umatilla-Morrow Head Start

April 2010

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Peanut Butter on Warm Flour Tortillas Chopped Grapes Milk	2
5 Life Cereal Apricots Milk	6	7 Breakfast Banana Split (Yogurt, Banana, Strawberries, Pineapple Tidbits) Cheerios and Chex for Topping Milk	8 Oatmeal Peaches Milk	9
12 Double Berry Smoothie(strawberries, raspberries, apple juice, banana) Whole Wheat Roll Milk	13	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
19 Cinnamon Toast Apricots Milk	20	21 Whole Wheat Bagels Mango and Bananas Milk	22 "Beary" Good Trail Mix (Wheat Chex, Cheerios, Teddy Grahams and Dried Cranberries) Apple Slices Milk	23
26 Chex Cereal (Wheat, Corn or Rice) Peaches Milk	27	28 Quesadilla (WW Flour Tortillas with Melted Cheese) Pears & Kiwi Milk	29 <b>Cook's Choice</b>	30 <b>Wellness Day</b>