


Snack

Umatilla-Morrow Head Start

April 2010

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Frozen Berry Yogurt Popsicles Graham Crackers	2 Cheerios Milk
5 Crunchy Snack Mix (Wheat Chex, Corn Chex, Cheerios and Goldfish Crackers) Milk	6 Peanut Butter and Smashed Berry Sandwich Milk	7 Bran Muffin Pears	8 Tropical Fruit Cocktail (Fresh Banana, Mango, Pineapple, Orange Juice & Mint) Mozzarella Cheese Sticks	9 Vanilla Yogurt Apple Slices
12 Carrot Sticks, Sweet Pepper Strips, Sugar Snap Peas & Broccoli Florets Ranch Dip WW Crackers	13 Go Fishing Snack (Pretzel sticks, peanut butter, goldfish crackers) Milk	14 Hula Muffins (carrot & pineapple) Milk	15 Crunchy Bananas on a Stick (Bananas, Yogurt, Cheerios) Milk	16 Cottage Cheese Sliced Peaches
19 Soft Pretzel Applesauce	20 Animal Crackers Milk	21 Turkey Sandwich Milk	22 Carrot Sticks, Cauliflower, Cucumber Slices, Tomato Slices & Sliced Olives Ranch Dip WW Crackers	23 Cheddar Cheese Sticks Sliced Pears
26 Whole Wheat Bagel Chopped Grapes	27 Soft Bread Sticks Pizza Sauce for Dipping Milk	28 Cornbread Applesauce	29 Cook's Choice	30 Wellness Day