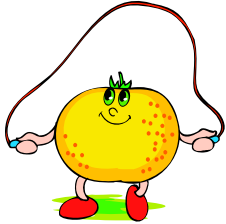


# Breakfast

# Umatilla-Morrow Early Head Start

## February 2010

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
<b>*Modify textures as needed</b>	<b>*12-24 mo. get whole milk</b>	<b>Fruit for 8-11 month olds will be pureed or in small soft pieces for finger feeding</b>		
1 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal & Peaches <b>12-36 mo.:</b> Cinnamon Toast Mandarin Oranges Milk	2 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal & Apricots <b>12-36 mo.:</b> Whole Wheat Rolls Apricots Milk	3 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal & Pears <b>12-36 mo.:</b> Dutch Pancake Pears & Berries Milk	4 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal & Banana <b>12-36 mo.:</b> Cheerios Cereal Banana Milk	5 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal & Applesauce <b>12-36 mo.:</b> Cream of Wheat Apples-peeled, sliced thin or Applesauce Milk
8 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal & Peaches <b>12-36 mo.:</b> Golden Apple Oatmeal Peaches Milk	9 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal & Apricots <b>12-36 mo.:</b> Popovers Apricots Milk	10 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal & Bananas <b>12-36 mo.:</b> Chex Cereal (Wheat or Corn-soften with milk) Bananas Milk	11 <b>Cook's Choice</b>	12 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal & Applesauce <b>12-36 mo.:</b> Banana Bread Apples-peeled, sliced thin or Applesauce Milk
15 <b>Holiday</b>	16 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal & Applesauce <b>12-36 mo.:</b> Whole Wheat Pancakes Applesauce Milk	17 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal & Peaches <b>12-36 mo.:</b> Hula Muffins (carrot & pineapple) Peaches Milk	18 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal & Pears <b>12-36 mo.:</b> Whole Wheat Cheese Toast Chopped Grapes Milk	19 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal & Bananas <b>12-36 mo.:</b> Whole Wheat Bagels Bananas, Kiwi & Strawberries Milk
22 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal & Peaches <b>12-36 mo.:</b> Peanut Butter and Smashed Berry Sandwich Mandarin Oranges Milk	23 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal & Pears <b>12-36 mo.:</b> Scrambled Eggs Flour Tortilla Pears & Kiwi Milk	24 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal & Banana <b>12-36 mo.:</b> Pumpkin Muffin Banana Milk	25 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal & Peaches <b>12-36 mo.:</b> Whole Wheat English Muffin Crushed Pineapple Milk	26 <b>8-11mo.:</b> Breast Milk or Formula, Infant Cereal & Apricots <b>12-36 mo.:</b> Whole Wheat Roll Apricots Milk