

Snack

Umatilla-Morrow Early Head Start

February 2010

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| UMCHS is an Equal Opportunity Provider | | | | <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.: Cheddar Cheese Slices Diced Pears</p> | <p>2 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Whole Grain Goldfish Crackers Milk</p> | <p>3 8-11 mo.: Breast Milk or Formula & Tortilla pieces 12-36 mo.: Beans Cheese Tortilla Diced Tomato Diced Avocado</p> | <p>4 8-11 mo.: Breast Milk or Formula & Toast pieces 12-36 mo.: Turkey Breast Sandwich Milk</p> | <p>5 8-11 mo.: Breast Milk or Formula & Bagel pieces 12-36 mo.: Whole Wheat Bagel Thin Orange Slices or Mandarin</p> |
| <p>8 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Berry Banana Fruit Smoothie (Banana, strawberry yogurt, pineapple juice) Ritz Crackers</p> | <p>9 8-11 mo.: Breast Milk or Formula & Soft Pretzel pieces 12-36 mo.: Soft Pretzel Apples-peeled, sliced thin or Applesauce</p> | <p>10 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Boiled Egg Cooked Baby Carrots</p> | <p style="text-align: center;">Cook's Choice</p> | <p>12 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Mozzarella Cheese Slices Thin Orange Slices or Mandarin</p> |
| <p style="text-align: center;">15 Holiday</p> | <p>16 8-11 mo.: Breast Milk or Formula & Soft Bread Stick pieces 12-36 mo.: Soft Bread Sticks Pizza Sauce for Dipping Milk</p> | <p>17 8-11 mo.: Breast Milk or Formula & Toast pieces 12-36 mo.: Bran Muffin Diced Pears</p> | <p>18 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Tropical Fruit Cocktail (Fresh Banana, Mango, Pineapple, Orange Juice & Mint) Mozzarella Cheese Slices</p> | <p>19 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Applesauce Animal Crackers</p> |
| <p>22 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Crunchy Snack Mix (Corn Chex, Cheerios and Goldfish Crackers) Milk</p> | <p>23 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Frozen Berry Yogurt Popsicles Whole Wheat Ritz Crackers</p> | <p>24 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Graham Crackers Milk</p> | <p>25 8-11 mo.: Breast Milk or Formula & Toast pieces 12-36 mo.: Number Salad (Apple, Oranges, Bananas, Chopped Grapes, Cheese, Coconut, Orange Juice) Milk</p> | <p>26 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Cooked Carrots, Sweet Pepper Strips, Sugar Snap Peas & Broccoli Florets WW Crackers</p> |