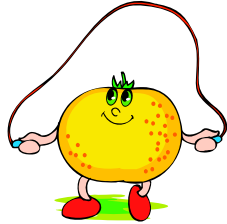


**Breakfast-Gladys**

**Umatilla-Morrow Head Start**

**February 2010**

Monday	Tuesday	Wednesday	Thursday	Friday
UMCHS is an Equal Opportunity Provider				
1 Peanut Butter and Smashed Berry Sandwich Mandarin Oranges Milk	2	3 Whole Wheat Bagel Pears & Berries Milk	4 Cheerios Cereal Banana Milk	5
8 Oatmeal Peaches Milk	9	10 Chex Cereal (Wheat or Corn) Bananas Milk	11 <b>Cook's Choice</b>	12
15 <b>Holiday</b>	16	17 Whole Wheat Pancakes Applesauce Milk	18 Whole Wheat Roll Cheese Slices Chopped Grapes Milk	19
22 Cinnamon Toast Mandarin Oranges Milk	23	24 Double Berry Smoothie(strawberries, raspberries, apple juice, banana) Whole Wheat Toast Milk	25 English Muffin Faces (Whole Wheat English muffin, peanut butter, shredded carrots, grape halves & pineapple tidbits) Pineapple Milk	26