

Snack

Umatilla-Morrow Head Start

February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
UMCHS is an Equal Opportunity Provider				
1 Cheddar Cheese Slices Sliced Pears	2 Whole Grain Goldfish Crackers Milk	3 Beans Cheese Tortilla Diced Tomato Sliced Avocado	4 Turkey Breast Sandwich Milk	5 Whole Wheat Bagel Orange Slices
8 Berry Banana Fruit Smoothie (Banana, strawberry yogurt, pineapple juice) LS Wheat Thins	9 Soft Pretzel Apple Slices	10 Boiled Egg Baby Carrots	11 Cook's Choice	12 Mozzarella Cheese Sticks Orange Slices
15 Holiday	16 Soft Bread Sticks Pizza Sauce for Dipping Milk	17 Bran Muffin Pears	18 Tropical Fruit Cocktail (Fresh Banana, Mango, Pineapple, Orange Juice & Mint) Mozzarella Cheese Sticks	19 Applesauce Animal Crackers
22 Crunchy Snack Mix (Wheat Chex, Corn Chex, Cheerios and Goldfish Crackers) Milk	23 Frozen Berry Yogurt Popsicles Whole Wheat Ritz Crackers	24 Graham Crackers Milk	25 Number Salad (Apple, Oranges, Bananas, Chopped Grapes, Cheese, Coconut, Orange Juice) Milk	26 Carrot Sticks, Sweet Pepper Strips, Sugar Snap Peas & Broccoli Florets Ranch Dip WW Crackers