

Umatilla-Morrow Head Start Breakfast
Snack for part day afternoon classes
January 2010

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
4 Cornmeal Pancakes with Sweet and Chunky Strawberry Peach Topping Milk <i>WW Ritz Crackers</i> <i>Peaches</i> Milk	5 Wheaties Cereal Banana Milk	6 Bran Muffin Apricots Milk	7 Cinnamon Swirl Bread Orange Slices Milk	8 Peanut Butter on Warm Flour Tortillas Apple Slices Milk
11 Scrambled Eggs Flour Tortilla Chopped Red Grapes Milk <i>Peanut Butter on Warm Flour Tortillas</i> <i>Chopped Red Grapes</i> Milk	12 Whole Wheat Cheese Toast Pears, Kiwi & Strawberries Milk	13 Oatmeal Apricots Milk <i>Graham Crackers</i> <i>Apricots</i> Milk	14 Banana Bread Sliced Peaches Milk	15 Rice with Raisins and Cinnamon Orange Slices Milk
18 Holiday	19 Double Berry Smoothie(strawberries, raspberries, apple juice, banana) Whole Wheat Toast Milk	20 Whole Wheat Pancakes Applesauce Milk <i>Go Fishing Snack (Thin pretzel sticks, peanut butter, goldfish crackers)</i> <i>Applesauce</i> Milk	21 Quesadilla (WW or Enr. Flour Tortillas with Melted Cheese) Chopped Red Grapes Milk	22 Whole Wheat English Muffins Apricots Milk
25 Malt-O-Meal Apple Slices Milk <i>Animal Crackers</i> <i>Apple Slices</i> Milk	26 French Toast Oranges Milk <i>Peanut Butter and Smashed Berry Sandwich</i> <i>Oranges</i> Milk	27 Breakfast Banana Split (Yogurt, Banana, Strawberries, Pineapple Tidbits) Cheerios and Chex for Topping Milk	28 Carrot Spice Muffins Pineapple Milk	29 Whole Wheat Bagels Peaches Milk

****Menu Modifications for Part Day Afternoon class in *Italics***

