

Breakfast

Umatilla-Morrow Early Head Start

January 2010

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 8-11mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Cornmeal Pancakes with Sweet and Chunky Strawberry Peach Topping Milk</p>	<p>5 8-11mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Wheaties Cereal-soften with milk Banana Milk</p>	<p>6 8-11mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Bran Muffin Apricots Milk</p>	<p>7 8-11mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Cinnamon Swirl Bread Thin Orange Slices or Mandarin Milk</p>	<p>8 8-11mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Peanut Butter on Warm Flour Tortillas Apples-peeled, sliced thin or Applesauce Milk</p>
<p>11 8-11mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Scrambled Eggs Flour Tortilla Chopped Red Grapes Milk</p>	<p>12 8-11mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Whole Wheat Cheese Toast Pears, Kiwi & Strawberries Milk</p>	<p>13 8-11mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Oatmeal Apricots Milk</p>	<p>14 8-11mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Banana Bread Sliced Peaches Milk</p>	<p>15 8-11mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Rice with Cinnamon Thin Orange Slices or Mandarin Milk</p>
<p>18 Holiday</p>	<p>19 8-11mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Double Berry Smoothie(strawberries, raspberries, apple juice, banana) Whole Wheat Toast Milk</p>	<p>20 8-11mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Whole Wheat Pancakes Applesauce Milk</p>	<p>21 8-11mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Quesadilla (Flour Tortillas with Melted Cheese) Chopped Red Grapes Milk</p>	<p>22 8-11mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Whole Wheat English Muffins Apricots Milk</p>
<p>25 8-11mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Malt-O-Meal Apples-peeled, sliced thin or Applesauce Milk</p>	<p>26 8-11mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: French Toast Thin Orange Slices or Mandarin Milk</p>	<p>27 8-11mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Breakfast Banana Split (Yogurt, Banana, Strawberries, Pineapple Tidbits) Cheerios and Chex for Topping Milk</p>	<p>28 8-11mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Carrot Spice Muffins Pineapple Milk</p>	<p>29 8-11mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Whole Wheat Bagels Peaches Milk</p>
<p>*Modify textures as needed</p>	<p>*12-24 mo. get whole milk</p>	<p>Fruit for 8-11 month olds will be pureed or in small soft pieces for finger feeding</p>		