

# Snack

# Umatilla-Morrow Early Head Start

## January 2010

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>4 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Soft Bread Stick pieces  <b>12-36 mo.:</b> Soft Bread Sticks                      Pizza Sauce for Dipping Milk</p>	<p>5 <b>8-11 mo.:</b> Breast Milk or Formula &amp; English Muffin pieces  <b>12-36 mo.:</b> WW English Muffin w/ peanut butter                      Chopped Grapes                      Milk</p>	<p>6 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Healthy Banana Split (Bananas, Yogurt, Pineapple Tidbits, &amp; Strawberries)                      Cheerios and Chex for Topping</p>	<p>7 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> WW Ritz Crackers                      Applesauce</p>	<p>8 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Whole Grain Goldfish Crackers                      Milk</p>
	<p>11 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> Steamed Carrots, Cauliflower, Cucumber Slices &amp; Diced Tomatoes                      WW Ritz Crackers</p>	<p>12 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Graham Crackers                      Apples-peeled, sliced thin or Applesauce</p>	<p>13 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Toast pieces  <b>12-36 mo.:</b> Hula Muffins (carrot &amp; pineapple)                      Milk</p>	<p>14 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Chopped Grapes                      Cheddar Cheese Slices</p>	<p>15 <b>8-11 mo.:</b> Breast Milk or Formula &amp; WW Roll pieces  <b>12-36 mo.:</b> Whole Wheat Roll                      Banana</p>
18	<b>Holiday</b>	<p>19 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Toast pieces  <b>12-36 mo.:</b> Wheat or Corn Chex                      Milk</p>	<p>20 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> Crunchy Bananas on a Stick (Bananas, Yogurt, Cheerios) Milk</p>	<p>21 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Mandarin Oranges                      Mozzarella Cheese Slices</p>	<p>22 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> Black Bean Dip                      WW Crackers</p>
	<p>25 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> Whole Grain Goldfish Crackers                      Milk</p>	<p>26 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Pumpkin Muffin                      Milk</p>	<p>27 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Toast pieces  <b>12-36 mo.:</b> Peanut Butter and Smashed Berry Sandwich                      Milk</p>	<p>28 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> Orangana Smoothie (Banana, vanilla yogurt &amp; orange juice)                      WW Ritz Crackers</p>	<p>29 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Cottage Cheese                      Mandarin Oranges</p>
	<p><b>*12-24 months get whole milk</b></p> <p><b>* Modify textures as needed</b></p>				