

Umatilla-Morrow Head Start Breakfast-Gladys

January 2010

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
4 Cornmeal Pancakes with Sweet and Chunky Strawberry Peach Topping Milk	5	6 Cheerios Cereal Bananas Milk	7 Cinnamon Swirl Bread Oranges Milk	8
11 Oatmeal Apricots Milk	12	13 Peanut Butter on Warm Flour Tortillas Apple Slices Milk	14 Rice with Raisins and Cinnamon Orange Slices Milk	15
18 Holiday	19	20 Double Berry Smoothie(strawberries, raspberries, apple juice, banana) Whole Wheat Toast Milk	21 Quesadilla (WW or Enr. Flour Tortillas with Melted Cheese) Chopped Red Grapes Milk	22
25 Whole Wheat Pancakes Applesauce Milk	26	27 Breakfast Banana Split (Yogurt, Banana, Strawberries, Pineapple Tidbits) Cheerios and Chex for Topping Milk	28 Whole Wheat English Muffins Pineapple Milk	29

