

Snack

Umatilla-Morrow Head Start

January 2010

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
4 Soft Bread Sticks Pizza Sauce for Dipping Milk	5 English Muffin Faces (WW English muffin, peanut butter, shredded carrots, grape halves & pineapple tidbits) Milk	6 Healthy Banana Split (Bananas, Yogurt, Pineapple Tidbits, & Strawberries) Cheerios and Chex for Topping	7 WW Ritz Crackers Applesauce	8 Go Fishing Snack (Thin pretzel sticks, peanut butter, goldfish crackers) Milk
11 Carrot Sticks, Cauliflower, Cucumber Slices, Tomato Slices & Sliced Olives Ranch Dip WW Crackers	12 Graham Crackers Apple Slices	13 Hula Muffins (carrot & pineapple) Milk	14 Chopped Grapes Cheddar Cheese Slices	15 Whole Wheat Roll Banana
18 Holiday	19 Wheat or Corn Chex Milk	20 Crunchy Bananas on a Stick (Bananas, Yogurt, Cheerios) Milk	21 Mandarin Oranges Mozzarella Cheese Sticks	22 Black Bean Dip WW Crackers
25 Crunchy Snack Mix (Wheat Chex, Corn Chex, Cheerios and Goldfish Crackers) Milk	26 Pumpkin Muffin Milk	27 Peanut Butter and Smashed Berry Sandwich Milk	28 Orangana Smoothie (Banana, vanilla yogurt & orange juice) WW Crackers	29 Cottage Cheese Mandarin Oranges

