


Breakfast

Umatilla-Morrow Head Start

Snack for part day afternoon classes

March 2010

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
1 Multi-grain Toast Peanut Butter Apricots Milk	2 Brown Rice with Raisins & Cinnamon Apple Slices Milk <i>Cinnamon Bagel Apple Slices and Raisins Milk</i>	3 Banana Bread Orange Slices Milk	4 Oatmeal Berry Muffin Peaches Milk	5 Staff Meeting
8 Quesadilla (Tortilla with melted cheese) Mandarin Oranges Milk	9 Oatmeal Apple Slices Milk <i>Whole Grain Goldfish Crackers Apple Slices Milk</i>	10 Peach Yogurt Smoothie (Yogurt, Banana, Peaches, Orange Juice) Whole Wheat Toast Milk	11 Blueberry Banana Muffin Pears Milk	12 Chex Cereal (Wheat or Corn) Apricots Milk
15 Dutch Pancake Berries & Pears Milk <i>Whole Grain Crackers Pears Milk</i>	16 Cheerios Cereal Banana Milk	17 Cornbread Apricots Milk	18 Cook's Choice	19 Whole Wheat English Muffin Pineapple Milk
22 ****	23 Spring	24 ****	25 Break	26 ****
29 Whole Wheat Pancakes Applesauce Milk <i>Animal Crackers Applesauce Milk</i>	30 Carrot Spice Muffins Apricots Milk	31 French Toast Bananas & Strawberries Milk <i>Graham Crackers Bananas Milk</i>		

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