

Breakfast

Umatilla-Morrow Early Head Start

March 2010

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 8-11mo.: Breast Milk, or Formula, Infant Cereal & Apricots 12-36 mo.: Multi-grain Toast Peanut Butter-thinly spread Apricots Milk</p>	<p>2 8-11mo.: Breast Milk, or Formula, Infant Cereal & Applesauce 12-36 mo.: Brown Rice with Cinnamon Apples-peeled, sliced thin or Applesauce Milk</p>	<p>3 8-11mo.: Breast Milk, or Formula, Infant Cereal & Pears 12-36 mo.: Banana Bread Thin Orange Slices or Mandarin Milk</p>	<p>4 8-11mo.: Breast Milk, or Formula, Infant Cereal & Peaches 12-36 mo.: Oatmeal Berry Muffin Peaches Milk</p>	<p>5 Staff Meeting</p>
<p>8 8-11mo.: Breast Milk, or Formula, Infant Cereal & Peaches 12-36 mo.: Quesadilla (Tortilla with melted cheese) Mandarin Oranges Milk</p>	<p>9 8-11mo.: Breast Milk, or Formula, Infant Cereal & Applesauce 12-36 mo.: Oatmeal Apples-peeled, sliced thin or Applesauce Milk</p>	<p>10 8-11mo.: Breast Milk, or Formula, Infant Cereal & Banana 12-36 mo.: Peach Yogurt Smoothie (Yogurt, Banana, Peaches, Orange Juice) Whole Wheat Toast Milk</p>	<p>11 8-11mo.: Breast Milk, or Formula, Infant Cereal & Pears 12-36 mo.: Blueberry Banana Muffin Peaches Milk</p>	<p>12 8-11mo.: Breast Milk, or Formula, Infant Cereal & Apricots 12-36 mo.: Chex Cereal (Wheat or Corn)-soften with milk Apricots Milk</p>
<p>15 8-11mo.: Breast Milk, or Formula, Infant Cereal & Pears 12-36 mo.: Dutch Pancake Berries & Pears Milk</p>	<p>16 8-11mo.: Breast Milk, or Formula, Infant Cereal & Banana 12-36 mo.: Cheerios Cereal Banana Milk</p>	<p>17 8-11mo.: Breast Milk, or Formula, Infant Cereal & Apricots 12-36 mo.: Cornbread Apricots Milk</p>	<p>18 Cook's Choice</p>	<p>19 8-11mo.: Breast Milk, or Formula, Infant Cereal & Applesauce 12-36 mo.: Whole Wheat English Muffin Crushed Pineapple Milk</p>
<p>22 ****</p>	<p>23 Spring</p>	<p>24 ****</p>	<p>25 Break</p>	<p>26 ****</p>
<p>29 8-11mo.: Breast Milk, or Formula, Infant Cereal & Applesauce 12-36 mo.: Whole Wheat Pancakes Applesauce Milk</p>	<p>30 8-11mo.: Breast Milk, or Formula, Infant Cereal & Apricots 12-36 mo.: Carrot Spice Muffins Apricots Milk</p>	<p>31 8-11mo.: Breast Milk, or Formula, Infant Cereal & Bananas 12-36 mo.: French Toast Bananas & Strawberries Milk</p>	<p>Fruit for 8-11 month olds will be pureed or in small soft pieces for finger feeding</p>	<p>*Modify textures as needed *12-24 mo. get whole milk</p>