

Snack

Umatilla-Morrow Early Head Start

March 2010

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Black Bean Dip WW Crackers</p>	<p>2 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Fruit and Yogurt Parfait (Bananas and Berries layered with Yogurt and topped with Cheerios)</p>	<p>3 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Cottage Cheese Diced Peaches</p>	<p>4 8-11 mo.: Breast Milk or Formula & WW Roll pieces 12-36 mo.: Whole Wheat Roll Thin Swiss and Cheddar Cheese Slices</p>	<p>5 Staff Meeting</p>
<p>8 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Yogurt Banana</p>	<p>9 8-11 mo.: Breast Milk or Formula & Bagel pieces 12-36 mo.: Chopped Grapes Whole Wheat Bagel</p>	<p>10 8-11 mo.: Breast Milk or Formula & Pita Bread pieces 12-36 mo.: Hummus (Garbanzo beans) Warm Pita Bread</p>	<p>11 8-11 mo.: Breast Milk or Formula & Soft Pretzel pieces 12-36 mo.: Soft Pretzel Apples-peeled, sliced thin or Applesauce</p>	<p>12 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Graham Crackers Milk</p>
<p>15 8-11 mo.: Breast Milk or Formula & Soft Bread Stick pieces 12-36 mo.: Soft Bread Sticks Pizza Sauce for Dipping Milk</p>	<p>16 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Boiled Egg Cooked Baby Carrots</p>	<p>17 8-11 mo.: Breast Milk or Formula & Plain Crust pieces 12-36 mo.: Peanut Butter Pizza (Crust, Peanut Butter & Sliced Bananas) Milk</p>	<p>18 Cook's Choice</p>	<p>19 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Whole Grain Goldfish Crackers Milk</p>
<p>22 ****</p>	<p>23 Spring</p>	<p>24 ****</p>	<p>25 Break</p>	<p>26 ****</p>
<p>29 8-11 mo.: Breast Milk or Formula & Animal Crackers (none with honey as an ingredient) 12-36 mo.: Animal Crackers Milk</p>	<p>30 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Orangana Smoothie (Banana, vanilla yogurt & orange juice) WW Crackers</p>	<p>31 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Cooked Carrots & Cauliflower, Peeled & Shredded Cucumber, Diced Tomatoes & Sliced Olives WW Crackers</p>	<p>*12-24 months get whole milk * Modify textures as needed</p>	