

**Umatilla-Morrow Head Start Breakfast**  
**Gladys Center**

**March 2010**

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
1 Multi-grain Toast Peanut Butter Apricots Milk	2	3 "Beary" Good Mix (Wheat Chex, Cheerios, Teddy Grahams & Dried Cranberries) Orange Slices Milk	4 Oatmeal Peaches Milk	5
8 Quesadilla (Tortilla with melted cheese) Mandarin Oranges Milk	9	10 Peach Yogurt Smoothie (Yogurt, Banana, Peaches, Orange Juice) Whole Wheat Toast Milk	11 Brown Rice with Raisins and Cinnamon Apple Slices Milk	12
15 Whole Wheat Bagel Pears Milk	16	17 Cheerios Cereal Banana Milk	18  <b>Cook's Choice</b>	19
22  <b>****</b>	23  <b>Spring</b>	24  <b>****</b>	25  <b>Break</b>	26  <b>****</b>
29 Whole Wheat Pancakes Applesauce Milk	30	31 Whole Wheat English Muffin Bananas & Strawberries Milk		