

Snack

Umatilla-Morrow Head Start

March 2010

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
1 Black Bean Dip WW Crackers	2 Fruit and Yogurt Parfait (Bananas and Berries layered with Yogurt and topped with Cheerios)	3 Cottage Cheese Sliced Peaches	4 Whole Wheat Roll Swiss and Cheddar Cheese Slices	5 Staff Meeting
8 Yogurt Banana	9 Whole Wheat Bagel Chopped Grapes	10 Simple Hummus (Garbanzo beans) Warm Pita Bread	11 Soft Pretzel Apple Slices	12 Graham Crackers Milk
15 Soft Bread Sticks Pizza Sauce for Dipping Milk	16 Boiled Egg Baby Carrots	17 Peanut Butter Pizza (Crust, Peanut Butter, Diced Apples & Sliced Bananas) Milk	18 Cook's Choice	19 Whole Grain Goldfish Crackers Milk
22 ****	23 Spring	24 ****	25 Break	26 ****
29 Animal Crackers Milk	30 Orangana Smoothie (Banana, vanilla yogurt & orange juice) WW Crackers	31 Carrot Sticks, Cauliflower, Cucumber Slices, Tomato Slices & Sliced Olives Ranch Dip WW Crackers		