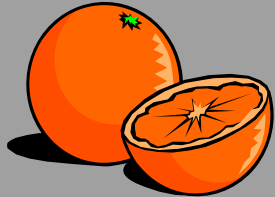


Breakfast

Umatilla-Morrow Early Head Start

December 2011

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
	**Modify textures as needed	**12-23 mo. get whole milk, 2 years and above get 1% milk	** Fruit for 8-11 month olds will be pureed or in small, soft pieces for finger feeding	1 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Cornbread Peaches Milk	2 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Whole Wheat Roll Chopped Grapes Milk
	5 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Ritz Crackers Peanut Butter Peaches Milk	6 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Cranberry Orange Bread Pears Milk	7 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Whole Wheat Pancakes Pumpkin Butter Applesauce Milk	8 8-11 mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Cheerios Cereal Apricots Milk	9 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Breakfast Banana Split (Yogurt, Banana, Strawberries, Crushed Pineapple) Whole Wheat Toast Milk
	12 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Scrambled Eggs Flour Tortilla Chopped Red Grapes Milk	13 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Chex Cereal (Wheat or Corn) Mandarin Oranges Milk	14 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Whole Wheat Banana Bread Peaches Milk	15 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Pumpkin Muffins Pears Milk	16 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Golden Apple Oatmeal Apples-peeled, sliced thin or Applesauce Milk
19	***	20 Winter	21 ***	22 Break	23 ***
26	Winter	27 ***	28 Break	29 ***	30 

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