

Snack

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		1 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Boiled Egg WW Crackers	2 8-11 mo.: Breast Milk or Formula & Soft Pretzel pieces 12-36 mo.: Soft Pretzel Apples-peeled, sliced thin or Applesauce
	5 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Graham Crackers Milk	6 8-11 mo.: Breast Milk or Formula & Soft Bread Stick pieces 12-36 mo.: Soft Bread Sticks Pizza Sauce for Dipping Milk	7 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Tropical Fruit Cocktail (Fresh Banana, Mango, Pineapple, Orange Juice & Mint) Mozzarella Cheese Slices	8 8-11 mo.: Breast Milk or Formula & Toast pieces 12-36 mo.: Peanut Butter and Smashed Berry Sandwich Milk	9 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Cottage Cheese Sliced Peaches
	12 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Whole Grain Goldfish Crackers Milk	13 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Apples-peeled, sliced thin or Applesauce Yogurt	14 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Carrot Sticks, Sweet Pepper Strips, Sugar Snap Peas & Cauliflower-all steamed Whole Grain Crackers	15 8-11 mo.: Breast Milk or Formula & Toast pieces 12-36 mo.: "Candles" (Place half a banana inside a pineapple ring. Place a red grape quarter on top of banana) Milk	16 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Animal Crackers Milk
19	***	20 Winter	21 ***	22 Break	23 ***
26	Winter	27 ***	28 Break	29 ***	30 ***