

Snack

Umatilla-Morrow Head Start

December 2011

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
				1 Boiled Egg WW Crackers	2 Soft Pretzel Apple Slices
	5 Graham Crackers Milk	6 Soft Bread Sticks Pizza Sauce for Dipping Milk	7 Tropical Fruit Cocktail (Fresh Banana, Mango, Pineapple, Orange Juice & Mint) Mozzarella Cheese Sticks	8 Peanut Butter and Smashed Berry Sandwich Milk	9 Cottage Cheese Sliced Peaches
	12 Whole Grain Goldfish Crackers Milk	13 Apple Slices Yogurt	14 Carrot Sticks, Sweet Pepper Strips, Sugar Snap Peas & Cauliflower Ranch Dip Whole Grain Crackers	15 "Candles" (Place half a banana inside a pineapple ring. Place a red grape half on top of banana) Milk	16 Animal Crackers Milk
19	***	20 Winter	21 ***	22 Break	23 ***
26	Winter	27 ***	28 Break	29 ***	30 ***