


Breakfast

Umatilla-Morrow Early Head Start

June 2011

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Cinnamon Swirl Bread Mandarin Oranges Milk</p>	<p>2 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Whole Wheat Roll Peaches Milk</p>	<p>3 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Tropical Popsicle (pineapple, mandarin oranges, white grape juice) Fishy Trail Mix (Whole Grain Goldfish Crackers, Cheerios and Chex) Milk</p>
<p>6 8-11 mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: WW English Muffin Cantaloupe-soft and ripe Milk</p>	<p>7 8-11 mo.: Breast Milk or Formula, Infant Cereal & Bananas 12-36 mo.: Dutch Pancake Blueberries & Bananas Milk</p>	<p>8 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Chex Cereal (Wheat, Corn or Rice) Peaches Milk</p>	<p>9 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Multigrain Toast Strawberries Milk</p>	
			<p>Fruit for 8-11 month olds will be pureed or in small, soft pieces for finger feeding</p>	<p>*12-24 months get whole milk * Modify textures as needed</p>