


# Snack

# Umatilla-Morrow Early Head Start

June 2011

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Watermelon Yogurt</p>	<p>2 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> Cheddar Cheese Slices                      Diced Pears</p>	<p>3 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Soft Pretzel pieces  <b>12-36 mo.:</b> Soft Pretzel Honeydew Melon (soft and ripe)</p>
<p>6 <b>8-11 mo.:</b> Breast Milk or Formula &amp; WW Ritz Crackers  <b>12-36 mo.:</b> Steamed Carrot Sticks, Sweet Pepper Strips &amp; Cucumber Slices                      Ranch Dip                      WW Crackers</p>	<p>7 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Bagel pieces  <b>12-36 mo.:</b> Applesauce                      Blueberry Bagel</p>	<p>8 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Fruit and Yogurt Parfait (Bananas and Berries layered with Yogurt and topped with Goldfish Grahams)</p>	<p>9 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Toast pieces  <b>12-36 mo.:</b> Peanut Butter and Smashed Berry Sandwich                      Milk</p>	
				<p><b>*12-24 months get whole milk</b></p> <p><b>* Modify textures as needed</b></p>