


**Umatilla-Morrow Head Start Breakfast**  
**Snack for part day afternoon classes**

**November 2011**

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Whole Wheat Cheese Toast Chopped Grapes Milk	2 Carrot Spice Muffins Pears & Kiwi Milk	3 Scrambled Eggs WW or Enr. Flour Tortilla Orange Slices Milk <i>Boiled Egg</i> <i>Whole Wheat Crackers</i> <i>Orange Slices</i> <i>Milk</i>	4 Whole Wheat Pancakes Sweet and Chunky Fruit Topping or Applesauce Milk
7 French Toast Peaches Milk  <i>Cheerios</i> <i>Peaches</i> <i>Milk</i>	8 Oatmeal Apricots Milk <i>Animal Crackers</i> <i>Apricots</i> <i>Milk</i>	9 Quesadilla (WW or Enr. Flour Tortillas with Melted Cheese) Fresh Pear Slices Milk	10 Whole Grain Bagel Peanut Butter Banana Milk	11  <b>Holiday</b>
14 Pumpkin Pancakes Warm Applesauce Milk	15 Double Berry Smoothie(strawberries, raspberries, apple juice, banana) WW Toast Milk	16 Rice with Raisins and Cinnamon Orange Slices Milk <i>Graham Crackers</i> <i>Orange Slices</i> <i>Milk</i>	17 Whole Wheat Banana Bread Pear Slices Milk	18 Cheerios Apricots Milk
21 Whole Wheat English Muffin Pears & Kiwi Milk	22 Popovers Apple Slices Milk <i>Whole Grain Goldfish Crackers</i> <i>Apple Slices</i> <i>Milk</i>	23 Chex (Wheat, Corn or Rice) Banana Milk	24  <b>Holiday</b>	25  <b>Holiday</b>
28 Peanut Butter Roll-Up (Flour Tortilla, Peanut Butter, Banana, Raisins) Banana Slices Milk	29 Dutch Pancake Apricots Milk  <i>WW Ritz Crackers</i> <i>Apricots</i> <i>Milk</i>	30 Cinnamon Toast (Cinnamon sprinkled on Whole Grain Toast) Pear Slices Milk		

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