

Snack

Umatilla-Morrow Early Head Start

November 2011

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
**Modify textures as needed	1 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Berry Banana Fruit Smoothie (Banana, strawberry yogurt, pineapple juice) Ritz Crackers	2 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Cranberry Orange Bread Milk	3 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Frozen Applesauce and Fruit Cup Milk	4 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Life or Oat Squares Cereal 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 & Ritz Crackers 12-36 mo.: Steamed Carrots, Cauliflower, and Cucumber Slices, Diced Tomatoes & Sliced Olives WW Ritz Crackers	9 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Hula Muffins (carrot & pineapple) Milk	10 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Animal Crackers Peaches	11 Holiday
14 8-11 mo.: Breast Milk or Formula & Toast pieces 12-36 mo.: Turkey Breast Sandwich Milk	15 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: "Candles" (Place half a banana inside a pineapple ring. Place a chopped red grape piece on top of banana) Milk	16 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Apples-peeled, sliced thin or Applesauce Yogurt	17 8-11 mo.: Breast Milk or Formula & Soft Bread Stick pieces 12-36 mo.: Soft Bread Sticks Pizza Sauce for Dipping Milk	18 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Graham Crackers Milk
21 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Crunchy Snack Mix (Wheat Chex, Corn Chex, Cheerios and Goldfish Crackers) Milk	22 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Orangana Smoothie (Banana, vanilla yogurt & orange juice) WW Ritz Crackers	23 8-11 mo.: Breast Milk or Formula & WW Roll pieces 12-36 mo.: WW Roll Peaches	24 Holiday	25 Holiday
28 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Blueberry Bagel Strawberry Yogurt	29 8-11 mo.: Breast Milk or Formula & Tortilla pieces 12-36 mo.: Beans Cheese Tortilla Diced Tomato	30 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Pumpkin Muffins Milk	**12-23 mo. get whole milk, 2 years and above get 1% milk	