

Snack

Umatilla-Morrow Head Start

November 2011

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Berry Banana Fruit Smoothie (Banana, strawberry yogurt, pineapple juice) LS Wheat Thins	2 Cranberry Orange Bread Milk	3 Frozen Applesauce and Fruit Cup Milk	4 Life or Oat Squares Cereal Milk
7 Tropical Fruit Cocktail (Fresh Banana, Mango, Pineapple, Orange Juice & Mint) Mozzarella Cheese Sticks	8 Carrot Sticks, Cauliflower, Cucumber Slices, Tomato Slices & Sliced Olives Ranch Dip WW Crackers	9 Hula Muffins (carrot & pineapple) Milk	10 Animal Crackers Peaches	11 Holiday
14 Turkey Breast Sandwich Milk	15 "Candles" (Place half a banana inside a pineapple ring. Place a red grape half on top of banana) Milk	16 Apple Slices Yogurt	17 Soft Bread Sticks Pizza Sauce for Dipping Milk	18 Graham Crackers Milk
21 Crunchy Snack Mix (Wheat Chex, Corn Chex, Cheerios and Goldfish Crackers) Milk	22 Orangana Smoothie (Banana, vanilla yogurt & orange juice) WW Crackers	23 WW Roll Peaches	24 Holiday	25 Holiday
28 Blueberry Bagel Strawberry Yogurt	29 Beans Cheese Tortilla Diced Tomato	30 Pumpkin Muffins Milk		