

Umatilla-Morrow Early Head Start Breakfast

November 2011

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p>**12-23 mo. get whole milk, 2 years and above get 1% milk **Modify textures as needed</p>	<p>1 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Whole Wheat Cheese Toast Chopped Grapes Milk</p>	<p>2 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Carrot Spice Muffins Pears & Kiwi Milk</p>	<p>3 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Scrambled Eggs Flour Tortilla Oranges-sliced thin or Mandarin Milk</p>	<p>4 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Whole Wheat Pancakes Sweet and Chunky Fruit Topping or Applesauce Milk</p>
<p>7 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: French Toast Peaches Milk</p>	<p>8 8-11 mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Oatmeal Apricots Milk</p>	<p>9 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Quesadilla (Corn or Flour Tortillas with Melted Cheese) Pears Milk</p>	<p>10 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Whole Grain Bagel Peanut Butter Banana Milk</p>	<p>11 Holiday</p>
<p>14 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Pumpkin Pancakes Warm Applesauce Milk</p>	<p>15 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Double Berry Smoothie(strawberries, raspberries, apple juice, banana) WW Toast Milk</p>	<p>16 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Rice with Cinnamon Oranges-sliced thin or Mandarin Milk</p>	<p>17 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Whole Wheat Banana Bread Pear Slices Milk</p>	<p>18 8-11 mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Cheerios Apricots Milk</p>
<p>21 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Whole Wheat English Muffin Pears & Kiwi Milk</p>	<p>22 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Popovers Apples-peeled, sliced thin or Applesauce Milk</p>	<p>23 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Chex (Wheat, Corn or Rice) Banana Milk</p>	<p>24 Holiday</p>	<p>25 Holiday</p>
<p>28 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Peanut Butter Roll-Up (Flour Tortilla, Peanut Butter, Banana) Banana Slices Milk</p>	<p>29 8-11 mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Dutch Pancake Apricots Milk</p>	<p>30 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Cinnamon Toast (Cinnamon sprinkled on Whole Grain Toast) Pears Milk</p>	<p>** Fruit for 8-11 month olds will be pureed or in small, soft pieces for finger feeding</p>	