


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

October 2011

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cornmeal Pancakes Applesauce Milk <i>Cornbread</i> <i>Applesauce</i> <i>Milk</i>	4 Whole Wheat English Muffin Sliced Peaches Milk	5 Rice with Raisins and Cinnamon Mango Milk <i>Cinnamon Raisin Bagel</i> <i>Mango</i> <i>Milk</i>	6 Breakfast Banana Split (Yogurt, Banana, Strawberries, Pineapple Tidbits) Cheerios for Topping Milk	7 Multi-grain Toast Apple Slices Milk
10 Golden Apple Oatmeal Apricots Milk <i>Whole Grain Goldfish</i> <i>Crackers</i> <i>Apple Slices</i> <i>Milk</i>	11 Quesadilla (Flour Tortilla with melted cheese) Chopped Grapes Milk	12 Banana Bread Fresh Pear Slices Milk	13 Cheerios Cereal Banana Milk	14 Staff Meeting
17 Dutch Pancake Berries & Banana Milk <i>Graham Crackers</i> <i>Berries & Banana</i> <i>Milk</i>	18 Spiders (WW Bread Dough "body", raisin "eyes" and pretzel "legs") Applesauce Milk	19 Peach Yogurt Smoothie (Yogurt, Banana, Peaches, Orange Juice) Whole Wheat Toast Milk	20 Cranberry Orange Bread Pears & Kiwi Milk	21 Malt-O-Meal Apricots Milk
24 Peanut Butter on Warm Whole Wheat Flour Tortillas Peaches Milk	25 Pumpkin Muffin Pears and Kiwi Milk	26 Oat Squares or Life Cereal Bananas Milk	27 Cinnamon Toast Chopped Grapes Milk <i>Cinnamon Bread</i> <i>Chopped Grapes</i> <i>Milk</i>	28 Whole Grain Bagel Applesauce Milk
31 Popovers Berries and Banana Milk				

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

UMCHS is an Equal Opportunity Provider