

Breakfast

Umatilla-Morrow Early Head Start

October 2011

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>3 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Cornmeal Pancakes Applesauce Milk</p>	<p>4 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Whole Wheat English Muffin Peaches Milk</p>	<p>5 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Rice with Cinnamon Mango Milk</p>	<p>6 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Breakfast Banana Split (Yogurt, Banana, Strawberries, Crushed Pineapple) Cheerios for Topping Milk</p>	<p>7 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Multi-grain Toast Apples-peeled, sliced thin or Applesauce Milk</p>
	<p>10 8-11 mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Golden Apple Oatmeal Apricots Milk</p>	<p>11 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Quesadilla (Flour Tortilla with melted cheese) Chopped Grapes Milk</p>	<p>12 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Banana Bread Pears Milk</p>	<p>13 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Cheerios Cereal Banana Milk</p>	<p>14</p> <p>Staff Meeting</p>
	<p>17 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Dutch Pancake Berries & Banana Milk</p>	<p>18 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: WW Roll Applesauce Milk</p>	<p>19 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Peach Yogurt Smoothie (Yogurt, Banana, Peaches, Orange Juice) Whole Wheat Toast Milk</p>	<p>20 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Cranberry Orange Bread Pears & Kiwi Milk</p>	<p>21 8-11 mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Malt-O-Meal Apricots Milk</p>
	<p>24 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Peanut Butter on Warm Whole Wheat Flour Tortillas Peaches Milk</p>	<p>25 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Pumpkin Muffin Pears and Kiwi Milk</p>	<p>26 8-11 mo.: Breast Milk or Formula, Infant Cereal & Bananas 12-36 mo.: Oat Squares or Life Cereal Bananas Milk</p>	<p>27 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Cinnamon Toast Chopped Grapes Milk</p>	<p>28 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Whole Grain Bagel Applesauce Milk</p>
	<p>31 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Popovers Berries and Banana Milk</p>	<p>** Fruit for 8-11 month olds will be pureed or in small, soft pieces for finger feeding</p>	<p>**Modify textures as needed</p>	<p>**12-23 mo. get whole milk, 2 years and above get 1% milk</p>	