

# Umatilla-Morrow Early Head Start Snack

## October 2011

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Trail Mix made with Teddy Grahams, Cheerios &amp; Rice Chex Milk</p>	<p>4 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Plain Crust pieces  <b>12-36 mo.:</b> Peanut Butter Pizza (Crust, Peanut Butter &amp; Sliced Bananas) Milk</p>	<p>5 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> Applesauce Whole Wheat Ritz Crackers</p>	<p>6 <b>8-11 mo.:</b> Breast Milk or Formula &amp; WW Roll pieces  <b>12-36 mo.:</b> WW Roll Pears</p>	<p>7 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Diced Tomato Cheese Slices</p>
<p>10 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Soft Bread Stick pieces  <b>12-36 mo.:</b> Soft Bread Sticks                      Pizza Sauce for Dipping Milk</p>	<p>11 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> Animal Crackers                      Apples-peeled, sliced thin or Applesauce</p>	<p>12 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Carrot Sticks, Sweet Pepper Strips, Sugar Snap Peas &amp; Broccoli Florets-all steamed Milk</p>	<p>13 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> Cottage Cheese Peaches</p>	<p>14 <b>Staff Meeting</b></p>
<p>17 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Chex Cereal (Corn or Rice) Milk</p>	<p>18 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Toast pieces  <b>12-36 mo.:</b> Carrot Spice Muffins Milk</p>	<p>19 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> Graham Crackers                      Pumpkin Butter Milk</p>	<p>20 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Apples-peeled, sliced thin or Applesauce Yogurt</p>	<p>21 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> Bananas                      Teddy Grahams</p>
<p>24 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Whole Grain Goldfish Crackers                      Chopped Grapes</p>	<p>25 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> Frozen Berry Yogurt Popsicles                      WW Crackers</p>	<p>26 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Blueberry Muffin Milk</p>	<p>27 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers  <b>12-36 mo.:</b> Ritz Cracker, thinly spread with Peanut Butter                      Banana Slices                      Milk</p>	<p>28 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines  <b>12-36 mo.:</b> Boiled Egg                      Steamed Baby Carrots</p>
<p>31 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Eng. Muffin pieces  <b>12-36 mo.:</b> English Muffin Pizza (Whole Wheat English Muffin, Pizza Sauce and Cheese) Milk</p>	<p><b>**12-23 mo. get whole milk, 2 years and above get 1% milk</b></p>	<p><b>**Modify textures as needed</b></p>		