

Umatilla-Morrow Head Start Breakfast
September 2011
Snack for part day afternoon classes

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
5 Holiday	6 Quesadilla (WW Flour Tortillas with Melted Cheese) Apple Slices Milk	7 Zucchini Bread Honeydew Melon Milk	8 Cheerios Cereal Banana Milk	9 Blueberry Bagel Peaches Milk
12 Whole Wheat Roll Fresh Plums Milk	13 Banana Bread Apricots Milk	14 Peach Yogurt Smoothie (Yogurt, Banana, Peaches, Orange Juice) Whole Wheat Toast Milk	15 Whole Wheat Pancakes Applesauce Milk <i>Graham Crackers</i> <i>Applesauce</i> <i>Milk</i>	16 Oat Squares or Life Cereal Banana Milk
19 Multi-grain Toast Apple Slices Milk <i>Whole Grain Goldfish Crackers</i> <i>Apple Slices</i> <i>Milk</i>	20 Hula Muffins (carrot & pineapple) Peaches Milk	21 Peanut Butter on Warm WW Flour Tortillas Cantaloupe Milk	22 Popovers Apricots Milk	23 Whole Wheat English Muffin Mango and Banana Milk
26 Oatmeal Banana Milk <i>Animal Crackers</i> <i>Bananas</i> <i>Milk</i>	27 Bran Muffin Fresh Pears Milk	28 Chex Cereal (Wheat, Corn or Rice) Apricots Milk	29 English Muffin Faces (English muffin, peanut butter, shredded carrots, grape halves & pineapple tidbits) Pineapple Milk	30 Whole Wheat Bagel Sliced Peaches Milk

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

