

Snack

Umatilla-Morrow Early Head Start

September 2011

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
5 Holiday		6 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Animal Crackers Peaches	7 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Mango, Banana and Chopped Red Grapes WW Crackers	8 8-11 mo.: Breast Milk or Formula & Soft Bread Stick pieces 12-36 mo.: Soft Bread Sticks Pizza Sauce for Dipping Milk	9 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Apples-peeled, sliced thin or Applesauce Vanilla Yogurt
12 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Cottage Cheese Diced Peaches	13 8-11 mo.: Breast Milk or Formula & Tortilla pieces 12-36 mo.: Diced Tomatoes Avocado Slices Shredded Cheese Tortilla	14 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Graham Crackers Milk	15 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Whole Grain Goldfish Crackers Milk	16 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Frozen Applesauce and Fruit Cup Animal Crackers	
19 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Mozzarella Cheese Slices Mandarin Oranges	20 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Steamed Carrots, Cauliflower & Cucumber with Diced Tomatoes WW Crackers	21 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Crunchy Bananas on a Stick (Bananas, Yogurt, Cheerios) Milk	22 8-11 mo.: Breast Milk or Formula & Toast pieces 12-36 mo.: Turkey Breast Sandwich Milk	23 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Strawberry Yogurt Chopped Grapes	
26 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Fruit and Yogurt Parfait (Bananas and Berries layered with Yogurt and topped with Cheerios)	27 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Whole Grain Goldfish Crackers Milk	28 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Pumpkin Muffin Milk	29 8-11 mo.: Breast Milk or Formula & Tortilla pieces 12-36 mo.: Black Bean Quesadillas(Black Beans, Cheese, Tortilla)	30 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Apples-peeled, sliced thin or Applesauce Ritz Cracker with Peanut Butter-thinly spread Milk	

*12-24 months get whole milk

*Modify textures as needed

