

# Snack

# Umatilla-Morrow Head Start

## September 2011

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
5	<b>Holiday</b>	6 Animal Crackers Peaches	7 Mango, Banana and Chopped Red Grapes WW Crackers	8 Soft Bread Sticks Pizza Sauce for Dipping Milk	9 Apple Slices Vanilla Yogurt
	12 Cottage Cheese Sliced Peaches	13 Diced Tomatoes Avocado Slices Cheese Tortilla	14 Graham Crackers Milk	15 Go Fishing Snack (Pretzel sticks, peanut butter, goldfish crackers) Milk	16 Frozen Applesauce and Fruit Cup Animal Crackers
	19 Mozzarella Cheese Sticks Mandarin Oranges	20 Carrot Sticks, Cauliflower, Cucumber Slices, Tomato Slices & Sliced Olives Ranch Dip WW Crackers	21 Crunchy Bananas on a Stick (Bananas, Yogurt, Cheerios) Milk	22 Turkey Breast Sandwich Milk	23 Strawberry Yogurt Chopped Grapes
	26 Fruit and Yogurt Parfait (Bananas and Berries layered with Yogurt and topped with Cheerios)	27 Crunchy Snack Mix (Wheat Chex, Goldfish, Cheerios) Milk	28 Pumpkin Muffin Milk	29 Black Bean Quesadillas(Black Beans, Cheese, Tortilla)	30 Apple Slices with Peanut Butter Milk

