

Breakfast

Umatilla-Morrow Early Head Start

September 2011

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
5 Holiday		<p>6 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Quesadilla (WW Flour Tortillas with Melted Cheese) Apples-peeled, sliced thin or Applesauce Milk</p>	<p>7 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Zucchini Bread Honeydew Melon-ripe and diced Milk</p>	<p>8 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Cheerios Cereal Banana Milk</p>	<p>9 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Blueberry Bagel Peaches Milk</p>
	<p>12 8-11 mo.: Breast Milk or Formula, Infant Cereal & Plums 12-36 mo.: Whole Wheat Roll Fresh Plums Milk</p>	<p>13 8-11 mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Banana Bread Apricots Milk</p>	<p>14 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>15 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Whole Wheat Pancakes Applesauce Milk</p>	<p>16 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Oat Squares or Life Cereal Banana Milk</p>
	<p>19 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>20 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Hula Muffins (carrot & pineapple) Peaches Milk</p>	<p>21 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Peanut Butter on Warm WW Flour Tortillas Cantaloupe-ripe & diced Milk</p>	<p>22 8-11 mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Popovers Apricots Milk</p>	<p>23 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Whole Wheat English Muffin Mango and Banana Milk</p>
	<p>26 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Oatmeal Banana Milk</p>	<p>27 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Bran Muffin Fresh Pears-ripe and soft Milk</p>	<p>28 8-11 mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Chex Cereal (Corn or Rice) Apricots Milk</p>	<p>29 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Whole Wheat English Muffin with peanut butter-thinly spread Crushed Pineapple Milk</p>	<p>30 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Whole Wheat Bagel Peaches Milk</p>

**** Fruit for 8-11 month olds will be pureed or in small, soft pieces for finger feeding**

****Modify textures as needed**

****12-24 mo. get whole milk, 2 years and above get 1% milk**