

Umatilla-Morrow Head Start **Breakfast**
February 2012 **Snack for part day afternoon classes**

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Dutch Pancake Pears & Berries Milk <i>Animal Crackers Pears & Berries Milk</i>	2 Cheerios Cereal Banana Milk	3 Multigrain Hot Cereal Peaches Milk
6 Golden Apple Oatmeal Apple Slices Milk <i>Graham Crackers Apple Slices Milk</i>	7 Popovers Apricots Milk	8 Chex Cereal (Wheat or Corn) Bananas Milk	9 Cinnamon Toast Mandarin Oranges Milk	10 Banana Bread Pears Milk
13 Peanut Butter and Smashed Berry Sandwich Mandarin Oranges Milk	14 Whole Wheat Pancakes Applesauce Milk <i>Whole Grain Goldfish Crackers Applesauce Milk</i>	15 Hula Muffins (carrot & pineapple) Peaches Milk	16 Whole Wheat Bagels Bananas, Kiwi & Strawberries Milk	17 Double Berry Smoothie(strawberries, raspberries, apple juice, banana) Whole Wheat Toast Milk
20 Holiday	21 Whole Wheat Cheese Toast Chopped Grapes Milk	22 Pumpkin Muffin Banana Milk	23 English Muffin Faces (English muffin, peanut butter, shredded carrots, grape halves & pineapple tidbits) Pineapple Milk	24 Whole Wheat Roll Apricots Milk
27 Scrambled Eggs Flour Tortilla Roasted Potatoes Milk <i>WW Ritz Crackers Mandarin Oranges Milk</i>	28 Caterpillar (WW bread dough, pretzel sticks, raisins) Apricots Milk	29 Breakfast Banana Split (Yogurt, Banana, Strawberries, Pineapple Tidbits) Cheerios and Chex for Topping Milk	**Menu Modifications for Part Day <u>Afternoon</u> class in <i>Italics</i>	