

Breakfast

Umatilla-Morrow Early Head Start

February 2012

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
**Modify textures as needed	**12-23 mo. get whole milk, 2 years and above get 1% milk	1 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Dutch Pancake Pears & Berries Milk	2 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Cheerios Cereal Banana Milk	3 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Multigrain Hot Cereal Peaches Milk
6 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Golden Apple Oatmeal Apples-peeled, sliced thin or Applesauce Milk	7 8-11 mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Popovers Apricots Milk	8 8-11 mo.: Breast Milk or Formula, Infant Cereal & Bananas 12-36 mo.: Chex Cereal (Wheat or Corn-soften with milk) Bananas Milk	9 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Cinnamon Toast Mandarin Oranges Milk	10 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Banana Bread Pears Milk
13 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Peanut Butter and Smashed Berry Sandwich Mandarin Oranges Milk	14 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Whole Wheat Pancakes Applesauce Milk	15 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Hula Muffins (carrot & pineapple) Peaches Milk	16 8-11 mo.: Breast Milk or Formula, Infant Cereal & Bananas 12-36 mo.: Whole Wheat Bagels Bananas, Kiwi & Strawberries Milk	17 8-11 mo.: Breast Milk or Formula, Infant Cereal & Bananas 12-36 mo.: Double Berry Smoothie(strawberries, raspberries, apple juice, banana) Whole Wheat Toast Milk
20 Holiday	21 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Whole Wheat Cheese Toast Chopped Grapes Milk	22 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Pumpkin Muffin Banana Milk	23 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: English Muffin Peanut Butter Pineapple Milk	24 8-11 mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Whole Wheat Roll Apricots Milk
27 8-11 mo.: Breast Milk or Formula, Infant Cereal & Potatoes 12-36 mo.: Scrambled Eggs Flour Tortilla Roasted Potatoes Milk	28 8-11 mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Fresh Baked Whole Wheat Bread Apricots Milk	29 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Breakfast Banana Split (Yogurt, Banana, Strawberries, Pineapple Tidbits) Cheerios	** Fruit for 8-11 month olds will be pureed or in small, soft pieces for finger feeding	