

Snack

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 & Tortilla pieces 12-36 mo.: Beans Shredded Cheese Tortilla Diced Tomato Diced Avocado	2 8-11 mo.: Breast Milk or Formula & Toast pieces 12-36 mo.: Turkey Breast Sandwich Milk	3 8-11 mo.: Breast Milk or Formula & Toasted Bagel pieces 12-36 mo.: Whole Wheat Bagel Thin Orange Slices or Mandarin
	6 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Berry Banana Fruit Smoothie (Banana, strawberry yogurt, pineapple juice) Whole Wheat Ritz Crackers	7 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Boiled Egg Steamed Baby Carrots	8 8-11 mo.: Breast Milk or Formula & Soft Pretzel pieces 12-36 mo.: Soft Pretzel Chopped Grapes	9 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Life Cereal w/ Milk Banana	10 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Graham Crackers Milk
	13 8-11 mo.: Breast Milk or Formula & Soft Bread Stick pieces 12-36 mo.: Soft Bread Sticks Pizza Sauce for Dipping Milk	14 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Frozen Berry Yogurt Popsicles Whole Wheat Ritz Crackers	15 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Bran Muffin Apricots	16 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Tropical Fruit Cocktail (Fresh Banana, Mango, Pineapple, Orange Juice & Mint) Mozzarella Cheese Slices	17 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Chopped Grapes Plain Animal Crackers
20	Holiday	21 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Applesauce Whole Grain Goldfish Crackers	22 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Number Salad (Apple, Oranges, Bananas, Chopped Grapes, Cheese, Coconut, Orange Juice) Milk	23 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Mozzarella Cheese Slices Thin Orange Slices or Mandarin	24 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Steamed Carrots, Sweet Pepper & Broccoli Florets WW Ritz Crackers
	27 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Crunchy Snack Mix (Corn Chex, Cheerios and Goldfish Crackers) Milk	28 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Cottage Cheese Diced Peaches	29 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Animal Crackers Milk		