

Snack

Umatilla-Morrow Head Start

February 2012

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beans Cheese Tortilla Diced Tomato Sliced Avocado	2 Turkey Breast Sandwich Milk	3 Whole Wheat Bagel Orange Slices
6 Berry Banana Fruit Smoothie (Banana, strawberry yogurt, pineapple juice) LS Wheat Thins	7 Boiled Egg Baby Carrots	8 Soft Pretzel Chopped Grapes	9 Life Cereal w/ Milk Banana	10 Graham Crackers Milk
13 Soft Bread Sticks Pizza Sauce for Dipping Milk	14 Frozen Berry Yogurt Popsicles Whole Wheat Ritz Crackers	15 Bran Muffin Apricots	16 Tropical Fruit Cocktail (Fresh Banana, Mango, Pineapple, Orange Juice & Mint) Mozzarella Cheese Sticks	17 Chopped Grapes Plain Animal Crackers
20 Holiday	21 Applesauce Whole Grain Goldfish Crackers	22 Number Salad (Apple, Oranges, Bananas, Chopped Grapes, Cheese, Coconut, Orange Juice) Milk	23 Mozzarella Cheese Sticks Orange Slices	24 Carrot Sticks, Sweet Pepper Strips, Sugar Snap Peas & Broccoli Florets Ranch Dip WW Crackers
27 Crunchy Snack Mix (Wheat Chex, Corn Chex, Cheerios and Goldfish Crackers) Milk	28 Cottage Cheese Sliced Peaches	29 Plain Animal Crackers Milk		