

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

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
2 Holiday	3 Life or Oat Squares Cereal Apricots Milk	4 Cinnamon Swirl Bread Pears & Kiwi Milk	5 Cranberry Orange Bread Pineapple Milk	6 Peanut Butter on Warm Flour Tortillas Banana Milk
9 Whole Wheat Cheese Toast Pears, Kiwi & Strawberries Milk	10 Scrambled Eggs Flour Tortilla Chopped Red Grapes Milk <i>Peanut Butter Tortilla Roll-up Chopped Red Grapes Milk</i>	11 Oatmeal Apricots Milk <i>Animal Crackers Apricots Milk</i>	12 Banana Bread Mandarin Oranges Milk	13 Cornmeal Pancakes with Sweet and Chunky Strawberry Peach Topping Milk
16 Holiday	17 Dutch Pancake Yogurt Peaches Milk <i>Yogurt Graham Crackers Peaches Milk</i>	18 Double Berry Smoothie(strawberries, raspberries, apple juice, banana) Whole Wheat Toast Milk	19 Carrot Spice Muffins Pineapple Milk	20 Whole Wheat English Muffins Apricots Milk
23 Whole Wheat Pancakes Applesauce Milk	24 Breakfast Banana Split (Yogurt, Banana, Strawberries, Pineapple Tidbits) Cheerios and Chex for Topping Milk	25 French Toast Peaches Milk <i>WW Ritz Crackers Peaches Milk</i>	26 Quesadilla (WW or Enr. Flour Tortillas with Melted Cheese) Chopped Red Grapes Milk	27 Whole Wheat Bagels Orange Slices Milk
30 Bran Muffin Orange Slices Milk	31 Brown Rice with Raisins and Cinnamon Apple Slices Milk <i>Whole Grain Goldfish Crackers Apple Slices Milk</i>		**Menu Modifications for Part Day <u>Afternoon</u> class in <i>Italics</i>	