

Breakfast

Umatilla-Morrow Early Head Start

January 2012

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
2 Holiday		3 8-11 mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Life Cereal Apricots Milk	4 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Cinnamon Swirl Bread Pears & Kiwi Milk	5 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Cranberry Orange Bread Crushed Pineapple Milk	6 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Peanut Butter on Warm Flour Tortillas Banana Milk
9	8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Whole Wheat Cheese Toast Pears, Kiwi & Strawberries Milk	10 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Scrambled Eggs Flour Tortilla Chopped Red Grapes Milk	11 8-11 mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Oatmeal Apricots Milk	12 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Banana Bread Mandarin Oranges Milk	13 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Cornmeal Pancakes with Sweet and Chunky Strawberry Peach Topping Milk
16 Holiday		17 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Dutch Pancake Yogurt Peaches Milk	18 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Double Berry Smoothie(strawberries, raspberries, apple juice, banana) Whole Wheat Toast Milk	19 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Carrot Spice Muffins Crushed Pineapple Milk	20 8-11 mo.: Breast Milk or Formula, Infant Cereal & Apricots 12-36 mo.: Whole Wheat English Muffins Apricots Milk
23	8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Whole Wheat Pancakes Applesauce Milk	24 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Breakfast Banana Split (Yogurt, Banana, Strawberries, Crushed Pineapple) Cheerios and Chex for Topping Milk	25 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: French Toast Peaches Milk	26 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Quesadilla (Flour Tortillas with Melted Cheese) Chopped Red Grapes Milk	27 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Whole Wheat Bagels Thin Orange Slices or Mandarin Milk
30	8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Bran Muffin Thin Orange Slices or Mandarin Milk	31 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Brown Rice with Cinnamon Apples-peeled, sliced thin or Applesauce Milk	**Modify textures as needed	**12-23 mo. get whole milk, 2 years and above get 1% milk	** Fruit for 8-11 month olds will be pureed or in small, soft pieces for finger feeding