

Snack

Umatilla-Morrow 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 & Soft Bread Stick pieces 12-36 mo.: Soft Bread Sticks Pizza Sauce for Dipping Milk	4 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Healthy Banana Split (Bananas, Yogurt, Crushed Pineapple & Strawberries) Cheerios and Chex for Topping	5 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: WW Ritz Crackers Applesauce	6 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Whole Grain Goldfish Crackers Milk
	9 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Steamed Carrots & Cauliflower, Diced Olives & Tomato WW Crackers	10 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Graham Crackers Apple Slices	11 8-11 mo.: Breast Milk or Formula & Toast pieces 12-36 mo.: Hula Muffins (carrot & pineapple) Milk	12 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Chopped Grapes String Cheese	13 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Animal Crackers Banana
16 Holiday		17 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Corn or Rice Chex Milk	18 8-11 mo.: Breast Milk or Formula & Toast pieces 12-36 mo.: Mandarin Oranges Mozzarella Cheese Slices	19 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Crunchy Bananas on a Stick (Bananas, Yogurt, Cheerios) Milk	20 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Black Bean Dip WW Crackers
	23 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Crunchy Snack Mix (Wheat Chex, Corn Chex, Cheerios and Goldfish Crackers) Milk	24 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Pumpkin Muffin Milk	25 8-11 mo.: Breast Milk or Formula & Toast pieces 12-36 mo.: Peanut Butter and Smashed Berry Sandwich Milk	26 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Orangana Smoothie (Banana, vanilla yogurt & orange juice) WW Crackers	27 8-11 mo.: Breast Milk or Formula & Unsalted Saltines 12-36 mo.: Cottage Cheese Diced Peaches
	30 8-11 mo.: Breast Milk or Formula & Ritz Crackers 12-36 mo.: Cheddar Cheese Slices Diced Pears	31 8-11 mo.: Breast Milk or Formula & small pieces of English Muffin 12-36 mo.: Whole Wheat English Muffin Milk	**Modify textures as needed	**12-23 mo. get whole milk, 2 years and above get 1% milk	