

# Snack

# Umatilla-Morrow Head Start

## January 2012

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
2	<b>Holiday</b>	3 Soft Bread Sticks Pizza Sauce for Dipping Milk	4 Healthy Banana Split (Bananas, Yogurt, Pineapple Tidbits, & Strawberries) Cheerios and Chex for Topping	5 WW Ritz Crackers Applesauce	6 Whole Grain Goldfish Crackers Milk
	9 Carrot Sticks, Cauliflower, Tomato Slices & Sliced Olives Ranch Dip WW Crackers	10 Graham Crackers Apple Slices	11 Hula Muffins (carrot & pineapple) Milk	12 Chopped Grapes String Cheese	13 Animal Crackers Banana
16	<b>Holiday</b>	17 Wheat or Corn Chex Milk	18 Mandarin Oranges Mozzarella Cheese Sticks	19 Crunchy Bananas on a Stick (Bananas, Yogurt, Cheerios) Milk	20 Black Bean Dip WW Crackers
	23 Crunchy Snack Mix (Wheat Chex, Corn Chex, Cheerios and Goldfish Crackers) Milk	24 Pumpkin Muffin Milk	25 Peanut Butter and Smashed Berry Sandwich Milk	26 Orangana Smoothie (Banana, vanilla yogurt & orange juice) WW Crackers	27 Cottage Cheese Sliced Peaches
	30 Cheddar Cheese Slices Sliced Pears	31 Whole Wheat English Muffin Milk			