


**Breakfast**

**Umatilla-Morrow Head Start**

**Snack for part day afternoon classes**

**March 2012**

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Oatmeal Berry Muffin Peaches Milk	2 <b>Staff Meeting</b>
5 Quesadilla (Tortilla with melted cheese) Chopped Grapes Milk	6 Brown Rice with Raisins & Cinnamon Apple Slices Milk  <i>Cinnamon Bagel Apple Slices Milk</i>	7 Peach Yogurt Smoothie (Yogurt, Banana, Peaches, Orange Juice) Whole Wheat Toast Milk	8 Blueberry Banana Muffin Pears Milk	9 Chex Cereal (Wheat or Corn) Peaches Milk
12 Dutch Pancake Berries & Pears Milk  <i>Animal Crackers Pears Milk</i>	13 Cheerios Cereal Banana Milk	14 Cornbread Apricots Milk	15 Oatmeal Apple Slices Milk  <i>Whole Grain Goldfish Crackers Apple Slices Milk</i>	16 Peanut Butter on Warm Flour Tortillas Mango Milk
19 Whole Wheat Pancakes Applesauce Milk	20 Carrot Spice Muffins Apricots Milk	21 Life or Oat Squares Cereal Bananas & Strawberries Milk	22 Groovy Green Smoothie (Banana, grapes, apple, yogurt, spinach) Multigrain Bagel Milk	23 Banana Bread Orange Slices Milk
26  <b>****</b>	27  <b>Spring</b>	28  <b>****</b>	29  <b>Break</b>	30  <b>****</b>

**\*\*Menu Modifications for Part Day Afternoon class in *Italics***