

## Umatilla-Morrow Early Head Start Emergency Menus

### Emergency Menu #1

#### Breakfast/Snack

##### **8-11 months:**

Breast Milk or Formula  
Infant Cereal  
Mashed Banana

##### **12-36 months:**

Cheerios  
Sliced Banana  
Milk

#### Lunch

##### **8-11 months:**

Breast Milk or Formula  
Infant Cereal  
Pureed Plums

##### **12-36 months:**

Tuna Sandwich on Whole  
Wheat Bread-cut small  
Crushed Pineapple  
Steamed Broccoli-chopped  
Milk

#### Snack

##### **8-11 months:**

Breast Milk or Formula  
Graham Crackers

##### **12-36 months:**

Graham Crackers  
Milk

### Emergency Menu #2

#### Breakfast/Snack

##### **8-11 months:**

Breast Milk or Formula  
Infant Cereal  
Applesauce

##### **12-36 months:**

Bagel pieces  
Mandarin Oranges-  
chopped  
Milk

#### Lunch

##### **8-11 months:**

Breast Milk or Formula  
Pureed Chicken  
Pureed Pears

##### **12-36 months:**

Turkey and Cheese Roll-up  
(Turkey Breast Meat and  
Cheese in a Flour Tortilla)-  
cut small  
Pears-chopped  
Steamed Carrots-chopped  
Milk

#### Snack

##### **8-11 months:**

Breast Milk or Formula  
Low Sodium Ritz Crackers

##### **12-36 months:**

Low Sodium Ritz Crackers  
100% Juice

\*\*12-24 months get whole  
milk.

### Emergency Menu #3

#### Breakfast/Snack

##### **8-11 months:**

Breast Milk or Formula  
Infant Cereal  
Pureed Peaches

##### **12-36 months:**

Whole Wheat Toast pieces  
Diced Peaches  
Milk

#### Lunch

##### **8-11 months:**

Breast Milk or Formula  
Pureed Beef  
Pureed Apricots

##### **12-36 months:**

Submarine Sandwich  
(Ham, Swiss and American  
Cheeses on a Hoagie)-cut  
small  
Steamed Cauliflower-  
chopped  
Apricots-chopped  
Milk

#### Snack

##### **8-11 months:**

Breast Milk or Formula  
Rice Cake pieces

##### **12-36 months:**

Mini Rice Cakes  
Milk

\*\*Keep jarred baby food  
on hand for emergency  
menus.

\*\*All formula should be  
iron fortified.

emergmenuEHS99.wpd