

# Snack

# Umatilla-Morrow Head Start

January 2018

UMCHS is an Equal Opportunity Provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> <b>Holiday</b></p> 	<p>2 Hummus (Garbanzo Beans) WW Pita Bread Carrots</p>	<p>3 WG Gold Fish Crackers Milk</p>	<p>4 Sliced Tomato Cheese sticks</p>	<p>5 WW Roll Pears</p>
<p>8 Peanut Butter Pizza (Crust, Peanut Butter, Sliced Bananas) Milk</p>	<p>9 WW Ritz Crackers Applesauce</p>	<p>10 Carrot Sticks, Sweet Pepper Strips, Sugar Snap Peas Dip Milk</p>	<p>11 Cottage Cheese Sliced Peaches</p>	<p>12 Chex Cereal (Wheat, Corn or Rice) Milk</p>
<p><b>15</b> <b>Holiday</b> All Milk served is plain, 1 % milk for 24 mos. + Children 12-23 mos. Receive whole Milk  WW = Whole Wheat WG = Whole Grain</p>	<p>16 WG Goldfish Crackers Milk</p>	<p>17 Apple slices Yogurt</p>	<p>18 Blueberry Bagel Milk</p>	<p>19 Boiled Egg Baby Carrots</p>
<p>22 Cheese Sticks WW Roll</p>	<p>23 Broccoli, Cauliflower &amp; Carrots Dip Milk</p>	<p>24 Cheese Quesadilla Milk</p>	<p>25 WW Ritz Crackers Banana Slices</p>	<p>26 WW Bagel Chopped Grapes</p>
<p>29 English Muffin Pizza (WW English Muffin, Homemade Tomato Sauce and Cheese) Milk</p>	<p>30 String Cheese WW Toast</p>	<p>31 Cottage Cheese Mandarin Oranges</p>	<p><b>Cereals served include original varieties only of: General Mills Cheerios; General Mills Rice or Corn Chex; General Mills Kix; Quaker Oats Life; Safeway, Great Value, Quaker, Western Family brands of Old Fashioned Oats for Oatmeal</b></p>	<p><b>Yogurts served include: Yoplait Low Fat-Plain, Vanilla, Peach, Strawberry; Yami Low Fat Plain, Vanilla, Strawberry or Peach; Tillamook Low Fat Plain, Strawberry, Vanilla; Lucerne Light Non-Fat Vanilla, Fat Free Plain or Greek Plain; Mountain High Low Fat Vanilla or Low Fat Plain; Great Value Light, Non-Fat or Plain.</b></p>