





Umatilla-Morrow Early Head Start

Snack

November 2017

UMCHS is an Equal Opportunity Provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>WW = Whole Wheat WG = Whole Grain Milk served is 1% plain milk for 24-36 mos. And Whole, plain milk for 12-23 mos. **Modify textures as needed</p>		<p>1 8-11 mo.: Breast Milk or Formula & Unsalted Saltines, bananas 12-36 mo.: WW Banana Muffins Milk</p>	<p>2 8-11 mo.: Breast Milk or Formula & WW Ritz, applesauce 12-36 mo.: Applesauce WW Ritz Crackers</p>	<p>4 8-11 mo.: Breast Milk or Formula & WW Toast pieces, pears 12-36 mo.: Turkey Breast on WW Bread Milk</p>
<p>6 8-11 mo.: Breast Milk or Formula & WW Roll pieces, apricots, pureed 12-36 mo.: WW Roll Pears, diced</p>	<p>7 8-11 mo.: Breast Milk or Formula & Cheerios, Pears 12-36 mo.: WG Goldfish Crackers Milk</p>	<p>8 8-11 mo.: Breast Milk or Formula & Unsalted Saltines, bananas 12-36 mo.: "Candles" 1/3 banana, Pineapple rings & red grape quarters. (Place banana inside a pineapple ring. Place a chopped red grape piece on top of banana) Milk</p>	<p>9 8-11 mo.: Breast Milk or Formula & Soft Bread Stick pieces, peaches 12-36 mo.: Soft Bread Sticks Pizza Sauce for Dipping Milk</p>	<p>10 Holiday </p>
<p>13 8-11 mo.: Breast Milk or Formula & WW Ritz Crackers, Banana 12-36 mo.: Banana WW Ritz Crackers</p>	<p>14 8-11 mo.: Breast Milk or Formula & Cheerios, Apricots 12-36 mo.: Apples-peeled, sliced thin Yogurt</p>	<p>15 8-11 mo.: Breast Milk or Formula & Tortilla pieces, applesauce 12-36 mo.: WW Banana Bread Milk</p>	<p>16 8-11 mo.: Breast Milk or Formula & WW Ritz Crackers, Steamed carrots 12-36 mo.: Steamed Carrots and Cauliflower WW Ritz Crackers</p>	<p>17 8-11 mo.: Breast Milk or Formula & Unsalted saltines, Bananas 12-36 mo.: Trail Mix (WG Goldfish Crackers, Raisins, Dried Cranberries, Cheerios) Milk</p>
<p>20 8-11 mo.: Breast Milk or Formula & Toast pieces, peaches 12-36 mo.: Blueberry Bagel Strawberry Yogurt</p>	<p>21 8-11 mo.: Breast Milk or Formula & WW Ritz Crackers, pears 12-36 mo.: Crushed Pineapple Cottage Cheese</p>	<p>22 8-11 mo.: Breast Milk or Formula & Cheerios, bananas 12-36 mo.: Harvest Pumpkin Muffins Milk</p>	<p>23 Holiday </p>	<p>24 Holiday </p>
<p>27 8-11 mo.: Breast Milk or Formula & Unsalted Saltines, Peaches 12-36 mo.: Life Cereal Milk</p>	<p>29 8-11 mo.: Breast Milk or Formula & Cheerios, applesauce 12-36 mo.: Hummus WW Ritz Crackers</p>	<p>30 8-11 mo.: Breast Milk or Formula & Soft pretzel pieces, apricots 12-36 mo.: Soft Pretzels Milk</p>	<p>30 8-11 mo.: Breast Milk or Formula & WW Toast Pieces, Bananas 12-36 mo.: Tropical Fruit Cocktail (Fresh Banana, Mango, Pineapple, Orange Juice omit mint) Mozzarella Cheese (string cheese or shred)</p>	