





Umatilla-Morrow Head Start Breakfast

November 2017

Snack for part day afternoon classes

Menu modifications for Part Day Afternoon class in Italics.
UMCHS is an Equal Opportunity Provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>WW = Whole Wheat WG = Whole Grain Milk served is 1% plain milk</p>		<p>1 Multigrain Toast with Peanut Butter or Sunbutter Berries & Pear Milk</p>	<p>2 WG Bagel Whipped Strawberry Cream Cheese Banana Milk</p>	<p>3 Oatmeal Orange Slices Milk</p>
<p>6 Build Your Own Peanut Butter Roll-Up WW Flour Tortilla Peanut Butter Banana Slices Raisins Milk</p>	<p>7 Gingerbread Pancakes Warm Applesauce Milk</p> <p><i>WW Bagel</i> <i>Warm Applesauce</i> <i>Milk</i></p>	<p>8 Cheerios Pear Slices Milk</p>	<p>9 WW Bagel Pumpkin Butter Mandarin Oranges Milk</p>	<p>10</p> <p>Holiday</p> 
<p>13 French Toast with Texas Toast Warm Applesauce Milk</p> <p><i>WW Cinnamon Toast</i> <i>Warm Applesauce</i> <i>Milk</i></p>	<p>14 WW English Muffins Berries & Banana Milk</p>	<p>15 Chex (Wheat, Corn or Rice) Chopped Grapes Milk</p>	<p>16 Harvest Muffins (Carrot and Apple) Peaches Milk</p>	<p>17 Whole Wheat Pancakes Warm Applesauce Milk</p>
<p>20 Quesadilla (WW. Flour Tortillas with Melted Cheese) Apple Slices Milk</p>	<p>21 Cranberry Orange Bread Mandarin Oranges Milk</p>	<p>22 WW Cinnamon Toast (Cinnamon sprinkled on Whole Grain Toast) Chopped Grapes Milk</p>	<p>23 Holiday</p> 	<p>24 Holiday</p> 
<p>27 Life Cereal Mandarin Oranges Milk</p>	<p>28 Breakfast Banana Split (Yogurt, Banana, Strawberries, Pineapple Tidbits) Cheerios for Topping Milk</p>	<p>29 French Toast – with Texas Toast Warm Applesauce Milk</p> <p><i>WW Toast</i> <i>Applesauce</i> <i>Milk</i></p>	<p>30 Oatmeal Peaches Milk</p> <p><i>WW English Muffins</i> <i>Peaches</i> <i>Milk</i></p>	