



Umatilla-Morrow Early Head Start Breakfast

October 2017

UMCHS is an Equal Opportunity Providers.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Oatmeal Berries & Banana Milk</p>	<p>3 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Banana Bread Peaches Milk</p>	<p>4 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: Quesadilla (Whole Grain Flour Tortilla with melted cheese) Chopped Grapes Milk Walk and Bike to School Day</p>	<p>5 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Breakfast Banana Split (Yogurt, Banana, Strawberries, Crushed Pineapple) Cheerios Milk</p>	<p>6 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Multi-grain Cinnamon Toast Blueberries, frozen (thawed) Milk</p>
<p>9 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: WW Pumpkin or Squash Muffins Diced Peaches Milk</p>	<p>10 8-11 mo.: Breast Milk or Formula, Infant Cereal & Scrambled Eggs, Applesauce 12-36 mo.: Scrambled Eggs Shred Cheese WW Tortilla Milk</p>	<p>11 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Cheerios Cereal Banana Milk</p>	<p>12 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Whole Grain Lemon Poppy Scones Fresh Pears-ripe and diced Milk</p>	<p>13</p>  <p>Staff Meeting</p>
<p>16 8-11 mo.: Breast Milk or Formula, Infant Cereal & Diced Peaches 12-36 mo.: Peach Yogurt Smoothie (Yogurt, Banana, Peaches, Orange Juice) WW Toast Milk</p>	<p>17 8-11 mo.: Breast Milk or Formula, Infant Cereal & Squash 12-36 mo.: Butternut Squash or Pumpkin Pancakes Applesauce Milk</p>	<p>18 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Blueberry Bagel w/Neuchatel Cream Cheese Crushed Pineapple Milk</p>	<p>19 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Cranberry Orange Bread Ripe Pears & Kiwi-diced Milk</p>	<p>20 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Life Cereal-soften with milk Bananas Milk</p>
<p>23 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Peanut Butter on Warm Whole Wheat Flour Tortillas Applesauce Milk</p>	<p>24 8-11 mo.: Breast Milk or Formula, Infant Cereal & Bananas 12-36 mo.: Rice Chex Sliced Bananas Milk</p>	<p>25 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: WW English Muffin Mandarin Oranges Milk</p>	<p>26 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: Cinnamon Toast Chopped Grapes Milk</p>	<p>27 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Kix Cereal Thinly sliced Oranges Milk</p>
<p>30 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches 12-36 mo.: WW Bagel w/low fat cream cheese Peaches Milk</p>	<p>31 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Oatmeal Apples, peeled & thinly sliced Milk</p>	<p>*** 12-23 mo. get whole milk; 2 years and above get 1% milk, all plain</p> <p>WW=Whole Wheat WG= Whole Grain</p>		<p>* Fruit for 8-11 month olds will be pureed or in small, soft pieces for finger feeding</p> <p>**Modify textures as needed</p>