



# Snack

# Umatilla-Morrow Early Head Start

## October 2017

UMCHS is an Equal Opportunity Provider.

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| <p>2 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines, Applesauce<br/> <b>12-36 mo.:</b> Shredded or String Cheese<br/>                     Apples-peeled, sliced thin or Applesauce</p>                            | <p>3 <b>8-11 mo.:</b> Breast Milk or Formula &amp; WG Cheerios, Carrots<br/> <b>12-36 mo.:</b> Hummus (Garbanzo Beans)<br/>                     WW Pita Bread or Crackers<br/>                     Steamed Carrots</p>         | <p>4 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Toast pieces, apricots<br/> <b>12-36 mo.:</b> WW Gold Fish Crackers<br/>                     Milk<br/> <b>Walk and Bike to School Day</b></p>  | <p>5 <b>8-11 mo.:</b> Breast Milk or Formula &amp; WW roll pieces, pears<br/> <b>12-36 mo.:</b> WW Roll Pears</p>   | <p>6 <b>8-11 mo.:</b> Breast Milk or Formula &amp; WW Ritz Crackers, Applesauce<br/> <b>12-36 mo.:</b> Diced Tomato Shredded or String Cheese</p>   |
| <p>9 <b>8-11 mo.:</b> Breast Milk or Formula &amp; plain crust pieces, banana<br/> <b>12-36 mo.:</b> Peanut Butter Pizza (Crust, Peanut Butter, Sliced Bananas)<br/>                     Milk</p>                                  | <p>10 <b>8-11 mo.:</b> Breast Milk or Formula &amp; WG Kix Cereal, applesauce<br/> <b>12-36 mo.:</b> WW Ritz Crackers<br/>                     Applesauce</p>  | <p>11 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers, carrots<br/> <b>12-36 mo.:</b> Steamed Carrot Sticks, Sweet Pepper Strips, Sugar Snap Peas &amp; Broccoli Florets<br/>                     Dip<br/>                     Milk</p> | <p>12 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Toast pieces, peaches<br/> <b>12-36 mo.:</b> Cottage Cheese Diced Peaches</p>   | <p>13</p> <div style="text-align: center;">  <p><b>Staff Meeting</b></p> </div>  |
| <p>16 <b>8-11 mo.:</b> Breast Milk or Formula &amp; WW Ritz Crackers, pears<br/> <b>12-36 mo.:</b> Chex Cereal (Corn or Rice)<br/>                     Milk</p>  | <p>17 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Soft Breadstick pieces, carrots<br/> <b>12-36 mo.:</b> Harvest Muffin (Whole Grain with Apple and Carrot)<br/>                     Milk</p>                                | <p>18 <b>8-11 mo.:</b> Breast Milk or Formula &amp; Unsalted Saltines, applesauce<br/> <b>12-36 mo.:</b> Apples-peeled, sliced thin<br/>                     Yogurt</p>   | <p>19 <b>8-11 mo.:</b> Breast Milk or Formula &amp; WW Toast pieces, Squash<br/> <b>12-36 mo.:</b> WW Toast<br/>                     Pumpkin Butter<br/>                     Milk</p> | <p>20 <b>8-11 mo.:</b> Breast Milk or Formula &amp; WW Ritz Crackers, carrots<br/> <b>12-36 mo.:</b> Boiled Egg<br/>                     Steamed Baby Carrots</p>   |
| <p>23 <b>8-11 mo.:</b> Breast Milk or Formula &amp; WW Ritz Crackers, Bananas<br/> <b>12-36 mo.:</b> Berries and Banana Slices<br/>                     WW Ritz Crackers</p>   | <p>24 <b>8-11 mo.:</b> Breast Milk or Formula &amp; WW Toast pieces, Broccoli<br/> <b>12-36 mo.:</b> Steamed Broccoli, Cauliflower &amp; Carrots, Sliced Olives<br/>                     Dip<br/>                     Milk</p> | <p>25 <b>8-11 mo.:</b> Breast Milk or Formula &amp; WG Cheerios, pears<br/> <b>12-36 mo.:</b> Zucchini Bread<br/>                     Muffins<br/>                     Milk</p>   | <p>26 <b>8-11 mo.:</b> Breast Milk or Formula &amp; WW Ritz Crackers, peaches<br/> <b>12-36 mo.:</b> WW Ritz Crackers<br/>                     Cheese Stick</p>                       | <p>27 <b>8-11 mo.:</b> Breast Milk or Formula &amp; WG Tortilla pieces, broccoli<br/> <b>12-36 mo.:</b> Baked WG Tortilla Chips<br/>                     Chunky Salsa<br/>                     Chopped Grapes</p> |
| <p>30 <b>8-11 mo.:</b> Breast Milk or Formula &amp; English Muffin pieces, applesauce<br/> <b>12-36 mo.:</b> English Muffin Pizza (Whole Wheat English Muffin, Homemade Tomato Sauce and Cheese)<br/>                     Milk</p> | <p>31 <b>8-11mo.:</b> Breask Milk or Formula &amp; WW Ritz Crackers, Pears<br/> <b>12-36 mo.:</b> Cottage Cheese Sliced Pears</p>  | <div style="text-align: center;">  </div>  | <p><b>** For Infants, foods need to mashed, pureed, or cut in small pieces</b></p> <p><b>WW=Whole Wheat<br/>                     WG=Whole Grain</b></p>                               | <p><b>**Modify textures as needed</b></p> <p><b>**12-23 mo. get whole milk, 2 years and above get 1% milk, all plain</b></p>  |