



# Umatilla-Morrow Head Start Breakfast

## Snack for part day afternoon classes

October 2017

*Menu Modifications for Part Day Afternoon Classes in Italics*

Monday	Tuesday	Wednesday	Thursday	Friday
2 Oatmeal Berries & Banana Milk  <i>Oatmeal or WW Toast                      Berries &amp; Banana                      Milk</i>	3 Banana Bread Peaches Milk	4 Quesadilla (WG Flour Tortilla, melted cheese) Chopped Grapes Milk  <b>Walk and Bike to School                      Day</b>	5 Breakfast Banana Split (Yogurt, Banana, Strawberries, Pineapple Tidbits, Cheerios for Topping) Milk	6 Multi-grain Cinnamon Toast Blueberries (frozen, thawed) Milk
9 WW Pumpkin (or Squash) Muffins Peaches Milk	10 Scrambled Eggs Shredded Cheese Orange slices WW Tortilla Milk  <i>Cheese Quesadilla (WW                      Tortilla &amp; Melted cheese)                      Orange slices Milk</i>	11 Cheerios Cereal Banana Milk	12 Whole Grain Lemon Poppy Scones Fresh Pear Slices Milk	13  <b>Staff                      Meeting</b>
16 Peach Yogurt Smoothie (Yogurt, Banana, Peaches, Orange Juice) Whole Wheat Toast Milk	17 Butternut Squash or Pumpkin Pancakes Applesauce Milk  <i>WW Ritz Crackers                      Applesauce                      Milk</i>	18 Blueberry Bagel w/Neuchatel Cream Cheese Pineapple Milk	19 Cranberry Orange Bread Fresh Pears & Kiwi Milk	20 Life Cereal Banana slices Milk
23 Peanut Butter on Warm Whole Wheat Flour Tortillas Applesauce Milk	24 Rice Chex Bananas Milk	25 WW English Muffin Mandarin Oranges Milk	26 Cinnamon WW Toast Chopped Grapes Milk	27 Kix Cereal Sliced Oranges Milk
30 WW Bagel W/ low fat cream cheese Peaches Milk	31 Oatmeal Apple Slices Milk  <i>WW Toast or Oatmeal                      Apple Slices                      Milk</i>			<b>UMCHS is an Equal                      Opportunity Provider.</b>