



Snack

Umatilla-Morrow Head Start

September 2017

UMCHS is an Equal Opportunity Provider.

	Monday	Tuesday	Wednesday	Thursday	Friday
			All milk served is 1% plain milk. WW = Whole Wheat WG = Whole Grain		1
4	Holiday	5 Greek Yogurt ¼ cup Peaches ½ cup	6 WW English Muffin ½ muffin Milk ½ cup	7 String Cheese ½ stick Fresh Plums ½ cup	8 Frozen Applesauce and Fruit Cup ½ cup WW Ritz Crackers (4)
	11 WW Pumpkin or Squash Muffin ½ muffin Milk ½ cup	12 Carrot Sticks, Cauliflower, Cucumber Slices, & Tomato Slices ½ cup combined with Dip Sliced Olives 1 Tbsp WW Ritz Crackers (4)	13 Crunchy Bananas on a Stick (Bananas, Yogurt, Cheerios) ½ banana, 1 oz yogurt, ¼ cup WG Cheerios Milk ½ cup	14 Turkey Breast ½ oz. Sandwich on WW Bread ½ slice (1/4 sandwich) Milk ½ cup	15 Strawberry Yogurt ¼ cup Banana slices ½ cup
	18 Crunchy Snack Mix (WG Corn Chex, Goldfish, WG Cheerios) ½ cup Milk ½ cup	19 WW Zucchini Bread ½ slice Milk ½ cup	20 Fruit and Yogurt Parfait (Bananas and Berries layered with Yogurt and topped with WG Cheerios) ½ cup fruit with ¼ cup yogurt and ¼ cup WG Cheerios	21 Apple Slices ½ cup with Peanut Butter 1 Tbsp. Milk ½ cup	22 Mozzarella Cheese Sticks ½ stick .5 oz. Mandarin Oranges ½ cup
	25 Soft Bread Sticks ½ bread stick Pizza Sauce for Dipping, 1 Tbsp. Milk ½ cup	26 Diced Tomatoes ¼ cup Avocado ¼ cup Cheese ½ slice - < .5 oz. WG Tortilla ½ 8" tortilla	27 Cottage Cheese 1/8 cup Mandarin Oranges ½ cup	28 WG Cheerios ½ cup Peaches ½ cup	29 Mango, Banana and Chopped Red Grapes ½ cup WW Ritz Crackers (4)