


Umatilla-Morrow Early Head Start Breakfast

January 2018

UMCHS is an Equal Opportunity Provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Holiday</p> 	<p>2 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Cheerios Cereal Banana Milk</p>	<p>3 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears, pureed 12-36 mo.: Quesadilla (Whole Grain Flour Tortilla with melted cheese) Pears Milk</p>	<p>4 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>5 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Multi-grain Cinnamon Toast Apples-peeled, sliced thin or Applesauce Milk</p>
<p>8 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: WW Bagel (with strawberry cream cheese, opt) Berries & Banana Milk</p>	<p>9 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Scrambled Eggs Shredded Cheese Chopped Grapes WW Tortilla Milk</p>	<p>10 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches, pureed 12-36 mo.: Oatmeal Oranges, thinly sliced Milk</p>	<p>11 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: WW English Muffins Applies, thinly sliced Milk</p>	<p>12 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears, pureed 12-36 mo.: Banana Bread Pears Milk</p>
<p>15</p> <p>Holiday</p> <p>All Milk served is plain, 1 % milk for 24 mos. + Children 12-23 mos. Receive whole Milk</p> <p>WW = Whole Wheat WG = Whole Grain</p>	<p>16 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana, mashed 12-36 mo.: Double Berry Smoothie (strawberries, raspberries, apple juice, banana) WW Toast Milk</p>	<p>17 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches, pureed 12-36 mo.: Dutch Pancake Yogurt Peaches Milk</p>	<p>18 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears, pureed 12-36 mo.: Cranberry Orange Bread Oranges, very thinly sliced Milk</p>	<p>19 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Chex Cereal Crushed Pineapple Milk</p>
<p>22 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Peanut Butter on Warm WW Flour Tortillas Mandarin Oranges Milk</p>	<p>23 8-11 mo.: Breast Milk or Formula, Infant Cereal & Peaches, pureed 12-36 mo.: Carrot Spice Muffins Peaches Milk</p>	<p>24 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: French Toast Warm Applesauce Milk</p>	<p>25 8-11 mo.: Breast Milk or Formula, Infant Cereal & pureed peaches 12-36 mo.: Oatmeal Thinly Sliced Oranges Milk</p>	<p>26 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears 12-36 mo.: WW Cinnamon Toast Pears Milk</p>
<p>29 8-11 mo.: Breast Milk or Formula, Infant Cereal & Applesauce 12-36 mo.: Zucchini Bread or Muffins Thinly sliced, peeled applies Milk</p>	<p>30 8-11 mo.: Breast Milk or Formula, Infant Cereal & Banana 12-36 mo.: Whole Wheat English Muffins Banana Milk</p>	<p>31 8-11 mo.: Breast Milk or Formula, Infant Cereal & Pears, pureed 12-36 mon.: Kix Cereal Pears, diced Milk</p>	<p>**12-23 mo. get whole milk; 2 years and above get 1% milk</p> <p>**Modify textures as needed</p>	<p>* Fruit for 8-11 month olds will be pureed or in small, soft pieces for finger feeding</p>