


# Snack

# Umatilla-Morrow Early Head Start

January 2018

UMCHS is an Equal Opportunity Provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> <b>Holiday</b></p> 	<p><b>2</b> <b>8-11 mo.:</b> Breast Milk or Formula, Pita Bread pieces, &amp; Applesauce  <b>12-36 mo.:</b> Hummus (Garbanzo Beans)                      WW Pita Bread</p>	<p><b>3</b> <b>8-11 mo.:</b> Breast Milk or Formula &amp; WW Ritz Crackers, Peaches  <b>12-36 mo.:</b> WG Goldfish Crackers                      Milk</p>	<p><b>4</b> <b>8-11 mo.:</b> Breast Milk or Formula &amp; WW roll pieces, Pears  <b>12-36 mo.:</b> WW Roll Pears</p>	<p><b>5</b> <b>8-11 mo.:</b> Breast Milk or Formula &amp; Toast pieces, Applesauce  <b>12-36 mo.:</b> Diced Tomato Shredded or String Cheese</p>
<p><b>8</b> <b>8-11 mo.:</b> Breast Milk or Formula, plain crust pieces &amp; Peaches  <b>12-36 mo.:</b> Peanut Butter Pizza (Crust, Peanut Butter, Sliced Bananas)                      Milk</p>	<p><b>9</b> <b>8-11 mo.:</b> Breast Milk or Formula, WW Ritz &amp; Applesauce  <b>12-36 mo.:</b> WW Ritz Crackers                      Applesauce</p>	<p><b>10</b> <b>8-11 mo.:</b> Breast Milk or Formula &amp; Ritz Crackers &amp; Pears  <b>12-36 mo.:</b> Steamed Carrot Sticks, Sweet Pepper Strips, &amp; Sugar Snap Peas                      Dip Milk</p>	<p><b>11</b> <b>8-11 mo.:</b> Breast Milk or Formula, Toast pieces &amp; Peaches  <b>12-36 mo.:</b> Cottage Cheese                      Diced Peaches</p>	<p><b>12</b> <b>8-11 mo.:</b> Breast Milk or Formula, Cheerios &amp; Applesauce  <b>12-36 mo.:</b> Chex Cereal (Wheat, Corn or Rice)                      Milk</p>
<p><b>15</b> <b>Holiday</b></p>	<p><b>16</b> <b>8-11 mo.:</b> Breast Milk or Formula, WW Ritz &amp; Pears  <b>12-36 mo.:</b> WW Ritz Crackers                      Milk</p>	<p><b>17</b> <b>8-11 mo.:</b> Breast Milk or Formula, Toast pieces &amp; Applesauce  <b>12-36 mo.:</b> Apples-peeled, sliced thin or Applesauce                      Yogurt</p>	<p><b>18</b> <b>8-11 mo.:</b> Breast Milk or Formula, Unsalted Saltines &amp; Pureed Apricots  <b>12-36 mo.:</b> Blueberry Bagel                      Milk</p>	<p><b>19</b> <b>8-11 mo.:</b> Breast Milk or Formula, Boiled Egg &amp; Pureed Carrots  <b>12-36 mo.:</b> Boiled Egg                      Baby Carrots, steamed</p>
<p><b>22</b> <b>8-11 mo.:</b> Breast Milk or Formula, WW Roll &amp; Mashed Banana  <b>12-36 mo.:</b> WW Roll Shredded Cheese</p>	<p><b>23</b> <b>8-11 mo.:</b> Breast Milk or Formula, WW Ritz Crackers &amp; Pureed Carrots  <b>12-36 mo.:</b> Steamed Broccoli, Cauliflower &amp; Carrots                      Dip                      Milk</p>	<p><b>24</b> <b>8-11 mo.:</b> Breast Milk or Formula &amp; WW Tortilla pieces  <b>12-36 mo.:</b> Cheese Quesadilla on WW Tortilla                      Milk</p>	<p><b>25</b> <b>8-11 mo.:</b> Breast Milk or Formula, WW Ritz Crackers &amp; Banana mashed  <b>12-36 mo.:</b> WW Ritz Crackers                      Banana Slices</p>	<p><b>26</b> <b>8-11 mo.:</b> Breast Milk or Formula, Unsalted Saltines &amp; Applesauce  <b>12-36 mo.:</b> WW Bagel                      Chopped Grapes</p>
<p><b>29</b> <b>8-11 mo.:</b> Breast Milk or Formula, English Muffin pieces &amp; Pears  <b>12-36 mo.:</b> English Muffin Pizza (Whole Wheat English Muffin, Homemade Tomato Sauce and Cheese)                      Milk</p>	<p><b>30</b> <b>8-11 mo.:</b> Breast Milk or Formula, WW Toast Pieces &amp; Applesauce  <b>12-36 mo.:</b> String cheese                      WW Toast</p>	<p><b>31</b> <b>8-11 mo.:</b> Breast Milk or Formula, WG Ritz Crackers &amp; Peaches, pureed  <b>12-36 mo.:</b> Cottage Cheese                      Mandarin Oranges</p>	<p><b>**Modify textures as needed</b>   <b>**12-23 mo. get whole milk, 2 years and above get 1% milk</b></p>	<p><b>All Milk served is plain, 1 % milk for 24 mos. + Children 12-23 mos. Receive whole Milk</b>   <b>WW = Whole Wheat                      WG = Whole Grain</b></p>