





# Umatilla-Morrow Early Head Start Breakfast

November 2017

UMCHS is an Equal Opportunity Provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>WW = Whole Wheat</b>  <b>WG = Whole Grain</b>  <b>Milk served is 1% plain milk for 24-36 mos. And Whole plain for 12-23 mos.</b></p>		<p>1 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Pears  <b>12-36 mo.:</b> Multigrain Toast with Peanut Butter or Sunbutter                      Berries &amp; Pears                      Milk</p>	<p>2 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Banana  <b>12-36 mo.:</b> Whole Grain Bagel                      Whipped Strawberry Cream                      Cheese                      Banana                      Milk</p>	<p>3 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Applesauce  <b>12-36 mo.:</b> Oatmeal                      Oranges-sliced thin                      Milk</p>
<p>6 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Banana  <b>12-36 mo.:</b> Peanut Butter Roll-Up (WW Flour Tortilla with thinly spread Peanut Butter)                      Banana Slices                      Milk</p>	<p>7 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Applesauce  <b>12-36 mo.:</b> Gingerbread Pancakes                      Warm Applesauce                      Milk</p>	<p>8 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Pears  <b>12-36 mo.:</b> Cheerios                      Pears, diced                      Milk</p>	<p>9 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Bananas  <b>12-36 mo.:</b> WW Bagel                      Pumpkin Butter                      Mandarin Oranges                      Milk</p>	<p>10  <b>Holiday</b>  </p>
<p>13 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Applesauce  <b>12-36 mo.:</b> French Toast                      Warm Applesauce                      Milk</p>	<p>14 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Banana  <b>12-36 mo.:</b> WW English Muffins                      Berries &amp; Banana                      Milk</p>	<p>15 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Pears  <b>12-36 mo.:</b> Chex (Corn or Rice)                      Chopped Grapes                      Milk</p>	<p>16 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Peaches  <b>12-36 mo.:</b> Harvest Muffins (Carrot and Apple)                      Peaches                      Milk</p>	<p>17 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Applesauce  <b>12-36 mo.:</b> Whole Wheat Pancakes                      Warm Applesauce                      Milk</p>
<p>20 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Applesauce  <b>12-36 mo.:</b> Quesadilla (WW. Flour Tortillas with Melted Cheese)                      Apples-peeled, sliced thin                      Milk</p>	<p>21 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Pears  <b>12-36 mo.:</b> Cranberry Orange Bread                      Mandarin Oranges                      Milk</p>	<p>22 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Bananas  <b>12-36 mo.:</b> Cinnamon Toast (Cinnamon sprinkled on Whole Grain Toast)                      Chopped Grapes                      Milk</p>	<p>23  <b>Holiday</b>  </p>	<p>24  <b>Holiday</b>  </p>
<p>27 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Pears  <b>12-36 mo.:</b> Life Cereal                      Mandarin Oranges                      Milk</p>	<p>28 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Banana  <b>12-36 mo.:</b> Breakfast Banana Split (Yogurt, Banana, Strawberries, Crushed Pineapple)                      Cheerios                      Milk</p>	<p>29 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Applesauce  <b>12-36 mo.:</b> French Toast                      Warm Applesauce                      Milk</p>	<p>30 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Peaches  <b>12-36 mo.:</b> Oatmeal                      Peaches                      Milk</p>	<p>* <b>Fruit for 8-11 month olds will be pureed or in small, soft pieces for finger feeding</b>   <b>**Modify textures as needed</b></p>