





Snack

Umatilla-Morrow Head Start

November 2017

UMCHS is an Equal Opportunity Provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>WW = Whole Wheat WG = Whole Grain Milk served is 1% plain milk</p>		<p>1 WW Banana Muffins Milk</p>	<p>2 Applesauce WW Ritz Crackers</p>	<p>3 Turkey Breast Sandwich Milk</p>
<p>6 WW Roll Pears</p>	<p>7 WG Goldfish Crackers Milk</p>	<p>8 “Candles” Banana halves, pineapple rings, red grape fourths Milk (Place half a banana inside a pineapple ring. Place a red grape half on top of banana)</p>	<p>9 Soft Bread Sticks Pizza Sauce for Dipping Milk</p>	<p>10 Holiday </p>
<p>13 Mandarin Oranges WW Ritz Crackers</p>	<p>14 Apple Slices Yogurt</p>	<p>15 Banana Bread Milk</p>	<p>16 Carrot Sticks, Cauliflower with dip WW Ritz Crackers</p>	<p>17 Trail Mix (WW Goldfish Crackers, Raisins, Cranberries, Cheerios) Milk</p>
<p>20 Blueberry Bagel Strawberry Yogurt</p>	<p>21 Pineapple Cottage Cheese</p>	<p>22 Harvest Pumpkin Muffins Milk</p>	<p>23 Holiday </p>	<p>24 Holiday </p>
<p>27 Life Cereal Milk</p>	<p>28 Hummus WW Ritz Crackers</p>	<p>29 Soft Pretzels Peaches</p>	<p>30 Tropical Fruit Cocktail (Fresh Banana, Mango, Pineapple, Orange Juice – omit mint) Mozzarella Cheese Sticks</p>	