

Umatilla-Morrow Head Start **Snack**
for full and enhanced day classrooms

October 2017

UMCHS is an Equal Opportunity Provider.

Monday	Tuesday	Wednesday	Thursday	Friday
2 String Cheese Apples slices	3 Hummus (Garbanzo Beans) WW Pita Bread or Crackers Carrots	4 WW Gold Fish Crackers Milk Walk and Bike to School Day	5 WW Roll Pears	6 Sliced Tomato Cheese sticks
9 Peanut Butter Pizza (Crust, Peanut Butter, Sliced Bananas) Milk	10 WW Ritz Crackers Applesauce	11 Carrot Sticks, Sweet Pepper Strips, Sugar Snap Peas & Broccoli Florets Dip Milk	12 Cottage Cheese Sliced Peaches	13  Staff Meeting
16 Chex Cereal (Wheat, Corn or Rice) Milk	17 Harvest Muffin (Whole Grain with Apple and Carrot) Milk	18 Apple slices Yogurt	19 WW Gold Fish Crackers Pumpkin Butter Milk	20 Boiled Egg Baby Carrots
23 Berries and Banana Slices WW Ritz Crackers	24 Broccoli, Cauliflower & Carrots, Sliced Olives Dip Milk	25 Zucchini Bread Muffins Milk	26 WW Ritz Crackers Cheese Stick	27 Baked Corn Tortilla chips Chopped Grapes
30 English Muffin Pizza (Whole Wheat English Muffin, Homemade Tomato Sauce and Cheese) Milk	31 Cottage Cheese Sliced Pears		**All Milk Served is 1%, plain milk WW=Whole Wheat WG=Whole Grain	