



# Umatilla-Morrow Early Head Start Breakfast

September 2017

UMCHS is an Equal Opportunity Provider.

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>* <b>Fruit for 8-11 month olds will be pureed or in small, soft pieces for finger feeding</b></p> <p>**<b>Modify textures as needed</b></p>		<p><b>**12-23 mo. get whole, plain milk; 2 years and above get 1%, plain milk</b></p> <p><b>WW = Whole Wheat</b> <b>WG = Whole Grain</b></p>	<p><b>1 8-11 mo.:</b> Breast Milk or Formula-6-8 oz., Infant Cereal-2 T, &amp; mashed banana-2 T</p> <p><b>12-36 mo.:</b> Chex Cereal (Corn or Rice) ½ cup Banana sliced ¼ cup Milk ½ cup</p>
<p>4</p> <p><b>Holiday</b></p>	<p><b>5 8-11 mo.:</b> Breast Milk or Formula-6-8 oz., Infant Cereal-2 T &amp; Pureed Peaches-2 T</p> <p><b>12-36 mo.:</b> Whole Grain Bagel ½ slice with light cream cheese Diced Peaches ¼ cup Milk ½ cup</p>	<p><b>6 8-11 mo.:</b> Breast Milk or Formula-6-8 oz., Infant Cereal-2 T &amp; Mashed Banana- 2 T</p> <p><b>12-36 mo.:</b> Peach Yogurt Smoothie (Yogurt, Banana, Peaches, Orange Juice) ¼ cup fruit and 1 T yogurt Whole Wheat Toast ½ slice Milk ½ cup</p>	<p><b>7 8-11 mo.:</b> Breast Milk or Formula- 6-8 oz., Infant Cereal-2 T &amp; Applesauce-2 T</p> <p><b>12-36 mo.:</b> Whole Wheat Pancakes-1/2 pancake Applesauce ¼ cup Milk ½ cup</p>	<p><b>8 8-11 mo.:</b> Breast Milk or Formula-6-8 oz., Infant Cereal-2 T &amp; Pureed Peaches 2 T</p> <p><b>12-36 mo.:</b> English Muffin Faces (English muffin ½ slice, peanut butter, shred carrots, grape qtr &amp; pineapple Crushed Pineapple ¼ cup Milk ½ cup</p>
<p><b>11 8-11 mo.:</b> Breast Milk or Formula-6-8 oz., Scrambled Eggs-4 T &amp; Applesauce- 2 T</p> <p><b>12-36 mo.:</b> Scrambled Eggs 1/4 egg (1 oz.) Black Beans 1/8 cup Applesauce ¼ cup WW Tortilla 1/2 8" tortilla Milk ½ cup</p>	<p><b>12 8-11 mo.:</b> Breast Milk or Formula-6-8 oz., Infant Cereal-2 T &amp; Applesauce-2 T</p> <p><b>12-36 mo.:</b> Whole Grain Banana Muffin ½ muffin Mango and Cr Pineapple ¼ c Milk ½ cup</p>	<p><b>13 8-11 mo.:</b> Breast Milk or Formula-6-8 oz., Infant Cereal-2 T, Pureed pears-2 T</p> <p><b>12-36 mo.:</b> Peanut Butter &lt; 1 tsp. on Warm WW Flour Tortilla ½ tortilla Honey Dew Melon-ripe, diced-1/4 cup Milk ½ cup</p>	<p><b>14 8-11 mo.:</b> Breast Milk or Formula-6-8 oz., Infant Cereal-2 T &amp; Pureed peaches-2 T</p> <p><b>12-36 mo.:</b> Popovers, 1 popover Diced Peaches ¼ cup Milk ½ cup</p>	<p><b>15 8-11 mo.:</b> Breast Milk or Formula-6-8 oz., Infant Cereal-2 T. &amp; Applesauce-2 T</p> <p><b>12-36 mo.:</b> Multi-grain Toast ½ slice Apple-peeled, sliced thin or Applesauce ¼ cup Milk ½ cup</p>
<p><b>18 8-11 mo.:</b> Breast Milk or Formula-6-8 oz., Infant Cereal-2 T &amp; Mashed Banana-2 T</p> <p><b>12-36 mo.:</b> Oatmeal 1.4 cup Mandarin Oranges ¼ cup Milk ½ cup</p>	<p><b>19 8-11 mo.:</b> Breast Milk or Formula-6-8 oz., Infant Cereal-2 T, Pureed pears-2 T</p> <p><b>12-36 mo.:</b> Harvest Muffin (whole grain with apple and carrot) ½ muffin Fresh diced Pears ¼ cup Milk ½ cup</p>	<p><b>20 8-11 mo.:</b> Breast Milk or Formula-6-8 oz., Infant Cereal-2 T, &amp; Applesauce-2 T</p> <p><b>12-36 mo.:</b> Chex Cereal (Corn or Rice) ½ cup Melon-ripe, diced ¼ cup Milk ½ cup</p>	<p><b>21 8-11 mo.:</b> Breast Milk or Formula-6-8 oz., Infant Cereal-2 T &amp; Pureed peaches-2 T</p> <p><b>12-36 mo.:</b> Whole Grain Lemon Poppy Scone ¼ scone Diced Peaches ¼ cup Milk ½ cup</p>	<p><b>22 8-11 mo.:</b> Breast Milk or Formula-6-8 oz., Infant Cereal-2 T &amp; Mashed Banana-2 T</p> <p><b>12-36 mo.:</b> Cheerios ½ cup Banana slices ¼ cup Milk ½ cup</p>
<p><b>25 8-11 mo.:</b> Breast Milk or Formula-6-8 oz., Infant Cereal-2 T &amp; Pureed peaches-2 T</p> <p><b>12-36 mo.:</b> Whole Grain English Muffin ½ muffin Diced Peaches 14 cup Milk ½ cup</p>	<p><b>26 8-11 mo.:</b> Breast Milk or Formula-6-8 oz., Infant Cereal-2 T, Pureed pears-2 T</p> <p><b>12-36 mo.:</b> Kix Cereal ½ cup Diced Pears ¼ cup Milk ½ cup</p>	<p><b>27 8-11 mo.:</b> Breast Milk or Formula-6-8 oz., Infant Cereal-2 T &amp; Mashed Banana-2 T</p> <p><b>12-36 mo.:</b> Groovy Green Smoothie (Banana, grapes, apple, yogurt, spinach) 1/3 c Whole Grain Toast ½ slice Milk ½ cup</p>	<p><b>28 8-11 mo.:</b> Breast Milk or Formula- 6-8 oz., Infant Cereal-2 T &amp; Applesauce-2 T</p> <p><b>12-36 mo.:</b> Quesadilla (WW Flour Tortillas with Melted Cheese) ½ 8" tortilla.,5 oz. cheese Chopped grapes ¼ cup Milk ½ cup</p>	<p><b>29 8-11 mo.:</b> Breast Milk or Formula-6-8 oz., Infant Cereal-2 T, Pureed pears-2 T</p> <p><b>12-36 mo.:</b> Whole Grain Zucchini Muffins ½ muffin Honeydew Melon-ripe, diced ¼ cup Milk 1/2 cup</p>