



# Snack

# Umatilla-Morrow Early Head Start

September 2017

UMCHS is an Equal Opportunity Provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>**12-23 mo. get whole, plain milk, 2 years and above get 1%, plain milk</p> <p>WW= Whole Wheat WG = Whole Grain</p>		<p>**Modify textures as needed</p>		<p>1 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; WG Ritz Crackers (2); Pureed pears 2 Tbsp. <b>12-36 mo.:</b> Cottage Cheese 1/8 cup Mandarin Oranges 1/2 cup</p>
<p>4</p> <p><b>Holiday</b></p>	<p>5 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; WW Roll pieces 1/2 slice; Pureed Peaches 2 Tbsp. <b>12-36 mo.:</b> Greek Yogurt 1/4 cup Diced Peaches 1/2 cup</p>	<p>6 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; WW English Muffin pieces 1/4 muffin; pureed peas 2 Tbsp. <b>12-36 mo.:</b> WW English Muffin 1/2 muffin Milk 1/2 cup</p>	<p>7 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; Unsalted Saltines (2); Pureed plums 2 Tbsp. <b>12-36 mo.:</b> String Cheese 1/2 1 oz. stick Fresh plums, diced 1/2 cup</p>	<p>8 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; WW Ritz Crackers (2); Applesauce 2 Tbsp. <b>12-36 mo.:</b> Frozen Applesauce/Fruit Cup 1/2 c Unsalted Saltines (4)</p>
<p>11 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; Pureed Squash 2 Tbsp.; Unsalted Saltines (2) <b>12-36 mo.:</b> WW Pumpkin or Squash Muffin 1/2 muffin Milk 1/2 cup</p>	<p>12 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; WW Ritz Crackers (2) pureed carrots 2 Tbsp. <b>12-36 mo.:</b> Steamed Carrots &amp; Cauliflower 1/2 c WW Ritz Crackers (4)</p>	<p>13 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; Cheerios 4 Tbsp.; Mashed banana 2 Tbsp. <b>12-36 mo.:</b> Crunchy Bananas on a Stick (1/2 banana, 1 oz. Yogurt, 1/2 c Cheerios) Milk 1/2 cup</p>	<p>14 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; WW Toast pieces 1/2 slice; <b>12-36 mo.:</b> Turkey Breast Sandwich 1/2 oz. Turkey; 1/2 slice WW bread Milk 1/2 cup</p>	<p>15 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; Unsalted Saltines; Mashed banana 2 Tbsp. <b>12-36 mo.:</b> Strawberry Yogurt 1/4 cup Banana 1/2 cup/ 1/2 banana</p>
<p>18 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; pureed pears 2 Tbsp.; Cheerios 4 Tbsp. <b>12-36 mo.:</b> Crunchy Snack Mix (Rice Chex, Goldfish, Cheerios) 1/2 cup Milk 1/2 cup</p>	<p>19 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; WG Ritz Crackers; pureed peaches 2 Tbsp. <b>12-36 mo.:</b> WG Zucchini Bread 1/2 slice Milk 1/2 cup</p>	<p>20 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; Cheerios 4 Tbsp.; mashed banana 2 Tbsp. <b>12-36 mo.:</b> Parfait (Bananas &amp; Berries 1/2 c with 1/4 c Yogurt &amp; topped with 1/4 cup Cheerios)</p>	<p>21 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; Unsalted Saltines (2); Applesauce 2 Tbsp. <b>12-36 mo.:</b> Apples-peeled, sliced thin or Applesauce 1/2 cup Milk 1/2 cup</p>	<p>22 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; pureed pears 2 Tbsp.; WG Tortilla pieces 1/2 tortilla <b>12-36 mo.:</b> Shredded Mozzarella Cheese 1/4 cup Mandarin Oranges 1/2 cup</p>
<p>25 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; Soft Bread Stick pieces; pureed carrots 2 Tbsp. <b>12-36 mo.:</b> Soft Bread Stick 1/2 stick w/Pizza Sauce Dip 2 Tbsp. Milk 1/2 cup</p>	<p>26 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; WG Tortilla pieces, mashed black beans 2 Tbsp. <b>12-36 mo.:</b> Diced Tomato &amp; Avocado 1/2 cup Shredded Cheese &lt; .5 oz. WG Tortilla 1/2 tortilla</p>	<p>27 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; WG Ritz Crackers (2); Pureed pears 2 Tbsp. <b>12-36 mo.:</b> Cottage Cheese 1/8 cup Mandarin Oranges 1/2 cup</p>	<p>28 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; pureed peaches 2 Tbsp.; Cheerios 4 Tbsp. <b>12-36 mo.:</b> Cheerios 1/2 cup Diced Peaches 1/2 cup</p>	<p>29 <b>8-11 mo.:</b> Breast Milk or Formula 2-4 oz.; WG Ritz Crackers (2); Pureed Mango 2 Tbsp. <b>12-36 mo.:</b> Mango, Banana and Chopped Red Grapes 1/2 cup combined WW Ritz Crackers (4)</p>