



Umatilla-Morrow Head Start Breakfast
September 2017
Snack for part day afternoon classes

Menu Modifications for Part Day Afternoon Classes in Italics

Monday	Tuesday	Wednesday	Thursday	Friday
	UMCHS is an Equal Opportunity Provider.		All Milk served is plain, 1 % milk. WG = Whole Grain WW = Whole Wheat	1
4 Holiday	5 WG Bagel with light cream cheese ¼ bagel .5 oz. bread Peaches ½ cup Milk ¾ cup	6 Peach Yogurt Smoothie (Yogurt, Banana, Peaches, Orange Juice) ¾ cup provides .5 oz MA, ½ cup fruit WW Toast ½ slice .5 oz. Milk ¾ cup	7 WW Pancakes 1 pancake Applesauce ½ cup Milk ¾ cup <i>WG Toast ½ slice, .5 oz. Applesauce ½ cup Milk ¾ cup</i>	8 English Muffin Faces (WW English muffin, peanut butter, shredded carrots, grape quarters & pineapple) ½ muffin .5 oz. Other-garnish Crushed Pineapple ½ cup Milk ¾ cup
11 Scrambled Eggs ¼ cup, Shredded Cheese .25 oz. Apple slices 1.2 cup WW Tortilla ½ .5 oz. Milk ¾ cup <i>Cheese Quesadilla (WW Tortilla & Melted cheese) ½.5 oz. bread & .5 oz. MA Apple slices ½ cup Milk ¾ cup</i>	12 WG Banana Bread muffins ½ muffin Mango and Crushed Pineapple ½ cup Milk ¾ cup	13 Peanut Butter 1 tsp. on Warm WW Flour Tortillas ½ .5 oz. Honey Dew Melon-ripe, diced ½ cup Milk ¾ cup	14 Popovers 1 popover Peaches ½ cup Milk ¾ cup <i>WW Crackers 5 crackers Peaches ½ cup Milk ¾ cup</i>	15 WG Toast ½ slice .5 oz. Apple slices ½ cup Milk ¾ cup
18 Oatmeal ¼ cup Mandarin Oranges ½ cup Milk ¾ cup	19 Harvest Muffin (WG with apple and carrot) ½ muffin Fresh Pear slices ½ cup Milk ¾ cup	20 WG Chex Cereal (Corn or Rice) ½ cup Melon-ripe, diced ½ cup Milk ¾ cup	21 WG Lemon Poppy Scone ½ scone Peaches ½ cup Milk ¾ cup	22 WG Cheerios Cereal ½ cup Banana slices ½ cup Milk ¾ cup
25 WG English Muffin ½ muffin .5 oz. Peaches ½ cup Milk ¾ cup	26 WG Kix Cereal Pears ½ cup Milk ¾ cup	27 Groovy Green Smoothie (Banana, grapes, apple, yogurt, spinach) WG Toast ½ slice .5 oz. Milk ¾ cup	28 Quesadilla (WW Flour Tortillas ½ tortilla with Melted Cheese .25 oz.) Chopped grapes ½ cup Milk ¾ cup	29 WW Zucchini Bread muffins ½ muffin Honeydew Melon-ripe, diced ½ cup Milk ¾ cup