

Lunch

Umatilla-Morrow Head Start

December 2009

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
		1 Lean Ham Slices Brussels Sprouts Orange Slices Soft Bread Sticks Milk	2 Baked Chicken with Barbeque Sauce Brown Rice Sweet Potatoes 'n' Pears Green Beans Milk	3 Split Pea Soup Cauliflower & Carrot Sticks Apple Slices Warm WW Rolls Milk	4 Tuna Noodle Casserole (Tuna, Pasta, Cheese) Broccoli Apricots Milk
	7 Roll-Ups (Turkey & Cheese in a WW or White Enr. Flour Tortilla) Peas Apple Slices Milk	8 Salsa Bean Soup Shredded Monterey Jack & Cheddar Cheeses Cauliflower Apricots Saltine Crackers Milk	9 Easy Homemade Chicken Nuggets Broccoli Orange Slices WW Half Bagels Milk	10 Lentil and Veggie Soup Goldfish Crackers Strawberry Yogurt Bananas Milk	11 Burritos (Pinto Beans and Cheese in a Flour Tortilla) Carrot Sticks Pineapple Milk
	14 Sloppy Mikes (Ground Turkey, Tomatoes, Corn, WW Buns) Shredded Cheddar Cheese Tossed Salad (dark green lettuce, tomatoes & shredded carrots) Pears Milk	15 Chicken Salad in Whole Wheat Pita Pocket Broccoli Apricots Milk	16 Lima Bean Soup with Ham Carrots Apple Slices Unsalted Saltines Milk	17 Cook's Choice	18 English Muffin Pizzas (WW Eng. Muffin, Gr. Beef, Cheese, Sauce) Orange Slices Peas Milk
21	***	22 Winter	23 ***	24 Break	25 ***
28	Winter	29 ***	30 Break	31	