

**Umatilla-Morrow Early Head Start Lunch 24-36 months**

**December 2009**

UMCHS is an Equal Opportunity Provider

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