

Umatilla-Morrow Early Head Start
Lunch
8-23 months

December 2009

UMCCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
		1 8-11 mo.: Breast Milk or Formula, Ham or Infant Cereal & Green Beans 12-23 mo.: Lean Ham-diced Brussels Sprouts-cut up Mandarin Oranges Soft Bread Sticks Milk	2 8-11 mo.: Breast Milk or Formula, Chicken & Sweet Potatoes 12-23 mo.: Baked Chicken with Barbeque Sauce Brown Rice Sweet Potatoes 'n' Pears Green Beans Milk	3 8-11 mo.: Breast Milk or Formula, Split Peas & Cauliflower 12-23 mo.: Split Pea Soup Cooked Cauliflower & Carrot Applesauce Warm WW Rolls Milk	4 8-11 mo.: Breast Milk or Formula, Infant Cereal & Broccoli 12-23 mo.: Tuna Noodle Casserole (Tuna, Pasta, Cheese) Cooked Broccoli Apricots Milk
	7 8-11 mo.: Breast Milk or Formula, Turkey & Peas 12-23 mo.: Roll-Ups (Turkey & Cheese in a WW or White Enr. Flour Tortilla) Peas Apples-peeled, sliced thin Milk	8 8-11 mo.: Breast Milk or Formula, Mashed Beans & Cauliflower 12-23 mo.: Salsa Bean Soup Shredded Monterey Jack & Cheddar Cheeses Cooked Cauliflower Apricots Saltine Crackers Milk	9 8-11 mo.: Breast Milk or Formula, Chicken & Broccoli 12-23 mo.: Easy Homemade Chicken Nuggets Cooked Broccoli Mandarin Oranges WW Half Bagels Milk	10 8-11 mo.: Breast Milk or Formula, Lentils & Carrots 12-23 mo.: Lentil and Veggie Soup Goldfish Crackers Strawberry Yogurt Bananas Milk	11 8-11 mo.: Breast Milk or Formula, Mashed Beans & Carrots 12-23 mo.: Burritos (Pinto Beans and Cheese in a Flour Tortilla) Cooked Carrots Crushed Pineapple Milk
	14 8-11 mo.: Breast Milk or Formula, Gr. Turkey & Carrots 12-23 mo.: Sloppy Mikes (Ground Turkey, Tomatoes, Corn, WW Buns) Cooked Carrots Pears Milk	15 8-11 mo.: Breast Milk or Formula, Chicken & Broccoli 12-23 mo.: Chicken Salad in Whole Wheat Pita Pocket Cooked Broccoli Apricots Milk	16 8-11 mo.: Breast Milk or Formula, Mashed Beans & Carrots 12-23 mo.: Lima Bean Soup with Ham Cooked Carrots Applesauce Unsalted Saltines Milk	Cook's Choice	18 8-11 mo.: Breast Milk or Formula, Gr. Beef & Peas 12-23 mo.: English Muffin Pizzas (WW Eng. Muffin, Gr. Beef, Cheese, Sauce) Mandarin Oranges Peas Milk
21	***	22	Winter	23	***
28	Winter	29	Break	30	*For 8-11 month olds, meats should be plain and ground, in small tender pieces or pureed; mash cooked egg yolk with formula or breast milk
				31	*For 8-11 month olds, fruits and veggies should be plain, cooked or soft, in small pieces or mashed *12-24 months get whole milk
					