

Umatilla-Morrow Early Head Start Lunch
24-36 months

November 2009

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
	2 Burritos (Pinto Beans and Cheese in a WW or White Enr. Flour Tortilla) Steamed Cucumber Slices & Carrots Pears & Berries Milk	3 Roast Turkey Stuffing (Bread cubes & seasonings) Peas Apples-peeled, sliced thin Milk	4 Grilled Turkey Ham & Swiss Cheese Sandwich Cooked Carrots Banana Milk	5 Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Cooked Cauliflower & Broccoli Peaches Cornbread w/ butter/marg. Milk	6 Tuna Sandwich Sweet Potato Fries Pineapple Tidbits Milk
	9 Arroz Con Pollo (Rice with Chicken) Baked Squash Apples-peeled, sliced thin Milk	10 Pasta Bow Ties w/ Tomatoes & Ground Beef Steamed Brussels Sprouts Thin Orange Slices or Mandarin Milk	11 Holiday	12 Navy Beans w/ Turkey Ham Unsalted Saltines Chopped Grapes Cooked Baby Carrots Milk	13 Sloppy Mikes (Ground Turkey, Tomatoes, Corn, WW Buns) Shredded Cheddar Cheese Tossed Salad (shredded dark green lettuce, diced tomatoes & shredded carrots) Bananas Milk
	16 Red Beans Brown Rice Steamed Broccoli Thin Orange Slices or Mandarin Milk	17 Pineapple Chicken Lo Mein (Chicken, Noodles, Pineapple, Green Pepper, Carrot) Peas Pineapple Tidbits Warm WW Rolls Milk	18 Pizza (Cheese, Ham, Onions, Tomato Sauce, Crust) Tossed Salad (shredded dark green lettuce, diced tomatoes & shredded carrots) Apricots Milk	19 Italian Vegetable Beef Soup (Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Cheese Slices Saltine Crackers Peaches Milk	20 Tacos (Ground Beef, Shredded Cheese, WW or White Enr. Flour Tortilla) Dark Green Lettuce, Sliced Olives, Diced Tomatoes & Mild Onions Pears Milk
	23 Pozole (Pork, Onion, hominy, seasonings) Shredded Monterey Jack Cheese Shredded Cabbage Green Beans Lime Wedges Peaches Corn Tortillas Milk	24 Cheeseburger (WW Bun, Cheese Slice, Beef Patty) Cooked Broccoli Pineapple Tidbits Milk	25 Cook's Choice	26 Holiday	27 Holiday
	30 Egg Salad Sandwich Spinach Salad Apples-peeled, sliced thin Milk				