

Umatilla-Morrow Early Head Start Lunch
8-23 months

November 2009

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 8-11 mo.: Breast Milk or Formula, Mashed Beans & Carrot 12-23 mo.: Burritos (Pinto Beans and Cheese in a WW or White Enr. Flour Tortilla) Cooked Cucumber & Carrots Pears & Berries Milk</p>	<p>3 8-11 mo.: Breast Milk or Formula, Peas & Turkey 12-23 mo.: Roast Turkey Stuffing (Bread cubes & seasonings) Peas Applesauce Milk</p>	<p>4 8-11 mo.: Breast Milk or Formula, Carrots & Turkey 12-23 mo.: Grilled Turkey Ham & Swiss Cheese Sandwich Cooked Carrots Banana Milk</p>	<p>5 8-11 mo.: Breast Milk or Formula, Cauliflower & Mashed Beans 12-23 mo.: Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Cooked Cauliflower & Cooked Broccoli Peaches Cornbread w/ butter/marg. Milk</p>	<p>6 8-11 mo.: Breast Milk or Formula, Infant Cereal & Sweet Potato 12-23 mo.: Tuna Sandwich Sweet Potato Fries Crushed Pineapple Milk</p>
<p>9 8-11 mo.: Breast Milk or Formula, Chicken & Squash 12-23 mo.: Arroz Con Pollo (Rice with Chicken) Baked Squash Applesauce Milk</p>	<p>10 8-11 mo.: Breast Milk or Formula, Green Beans & Gr. Beef 12-23 mo.: Pasta Bow Ties w/ Tomatoes & Ground Beef Steamed Brussels Sprouts Mandarin Oranges Milk</p>	<p>11 Holiday</p>	<p>12 8-11 mo.: Breast Milk or Formula, Mashed Beans & Cooked Carrots 12-23 mo.: Navy Beans w/ Turkey Ham Unsalted Saltines Chopped Grapes Cooked Baby Carrots Milk</p>	<p>13 8-11 mo.: Breast Milk or Formula, Carrots & Gr. Turkey 12-23 mo.: Sloppy Mikes (Ground Turkey, Tomatoes, Corn, WW Buns) Shredded Cheddar Cheese Cooked Carrots Bananas Milk</p>
<p>16 8-11 mo.: Breast Milk or Formula, Pureed Beans & Broccoli 12-23 mo.: Red Beans Brown Rice Cooked Broccoli Mandarin Oranges Milk</p>	<p>17 8-11 mo.: Breast Milk or Formula, Chicken & Peas 12-23 mo.: Pineapple Chicken Lo Mein (Chicken, Noodles, Pineapple, Green Pepper, Carrot) Peas Crushed Pineapple Warm WW Rolls Milk</p>	<p>18 8-11 mo.: Breast Milk or Formula, Ham or Infant Cereal & Carrots 12-23 mo.: Pizza (Cheese, Diced Ham, Onions, Tomato Sauce, Crust) Cooked Carrots Diced Tomatoes Apricots Milk</p>	<p>19 8-11 mo.: Breast Milk or Formula, Green Beans & Beef 12-23 mo.: Italian Vegetable Beef Soup(Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Cheese Slices Saltine Crackers Peaches Milk</p>	<p>20 8-11 mo.: Breast Milk or Formula, Infant Cereal & Gr. Beef 12-23 mo.: Tacos (Ground Beef, Shredded Cheese, WW or White Enr. Flour Tortilla) Diced Olives, Diced Tomatoes & Diced Onions Pears Milk</p>
<p>23 8-11 mo.: Breast Milk or Formula, Green Beans & Pork 12-23 mo.: Pozole (Pork, onion, hominy, seasonings) Shredded Monterey Jack Cheese Green Beans Peaches Corn Tortillas Milk</p>	<p>24 8-11 mo.: Breast Milk or Formula, Broccoli & Gr. Beef 12-23 mo.: Cheeseburger (WW Bun, Cheese Slice, Beef Patty) Cooked Broccoli Crushed Pineapple Milk</p>	<p>25 Cook's Choice</p>	<p>26 Holiday</p>	<p>27 Holiday</p>
<p>30 8-11 mo.: Breast Milk or Formula, Cooked Egg Yolk & Spinach 12-23 mo.: Egg Salad Sandwich Steamed Spinach Applesauce Milk</p>	<p>* Modify Textures as Needed</p>	<p>*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</p>	<p>*For 8-11 month olds, fruits and veggies should be plain, cooked or soft, in small pieces or mashed</p> <p>*12-24 months get whole milk</p>	