


# Lunch

# Umatilla-Morrow Head Start

## October 2009

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Italian Vegetable Beef Soup (Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans, Pasta) Cheese Sticks Saltine Crackers Apple Slices      Milk	2 Arroz Con Pollo (Rice with Chicken) Steamed Broccoli Mango Milk
5 Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) Flour Tortillas Peas Fresh Pears Milk	6 Chef Salad (Romaine Lettuce, Turkey, Ham, Hard Cooked Eggs, Tomatoes, Shredded Carrots, Dressing) French Bread Apricots Milk	7 Cheeseburger (Bun, Cheese Slice, Beef Patty) Lettuce & Tomato Slices Broccoli Orange Slices Milk	8 Salsa Bean Soup Shredded Monterey Jack & Cheddar Cheeses Cucumber Slices with Dip Sliced Peaches Saltine Crackers Milk	9 Egg Salad Sandwich Tossed Salad (dark green lettuce, shredded carrots & tomatoes) Chopped Red Grapes Milk
12 Roll-Ups (Turkey & Cheese in a WW or White Enr. Flour Tortilla) Green Beans Pineapple Milk	13 Lean Ham Slices Sweet Potatoes 'n' Pears Cauliflower WW Rolls Milk	<b>Cook's Choice</b>	15 Easy Homemade Chicken Nuggets Broccoli Apricots WW Half Bagels Milk	<b>Staff Meeting</b>
19 Macaroni and Cheese Lima Beans Chopped Red Grapes Carrots Milk	20 Scrambled Eggs Oven Roasted Red Potatoes Orange Slices Flour Tortillas Milk	21 Baked Chicken with BBQ Sauce Cooked Broccoli, Carrots & Cauliflower Apple Slices WW Rolls Milk	22 Tuna Sandwich Spinach Salad Apricots Milk	23 Meatloaf Pears Cucumbers & Red/Green Pepper Strips WW English Muffins Milk
26 Spaghetti (Pasta, Gr. Beef, Sauce) Spinach Salad w/ Dressing Orange Slices Garlic Bread Milk	27 Hawaiian Sub (Ham, Mozzarella Cheese & Pineapple rings on a Hoagie Bun) Sweet Potato Fries Pineapple Milk	28 Dinner in a Pumpkin (Ground Beef, Rice, Pumpkin, Mushrooms) Cheese Sticks Apple Slices Green Beans French Bread Milk	29 Pozole (Pork, Onion, hominy, seasonings) Shredded Monterey Jack Cheese Sliced Radishes & Shredded Cabbage Lime Wedges Peaches Corn Tortillas      Milk	30 Chicken Tortas (Rolls, Chicken, Beans, Cheese) Shredded Romaine Lettuce Salsa and/or Diced Tomatoes Apricots Milk