


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

**October 2009**

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>* Modify Textures as Needed</b></p>		<p>1 Italian Vegetable Beef Soup(Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans, Pasta) Cheese Slices Saltine Crackers Apples-peeled, sliced thin Milk</p>	<p>2 Arroz Con Pollo (Rice with Chicken) Steamed Broccoli Mango Milk</p>
<p>5 Chicken Fajitas (Seasoned Chicken, Red &amp; Green Peppers &amp; Mild Onions) Flour Tortillas Peas Fresh Pears-ripe &amp; diced Milk</p>	<p>6 Chef Salad (Romaine Lettuce, Turkey, Ham, Hard Cooked Eggs, Diced Tomatoes, Shredded Carrots, Dressing) French Bread Apricots Milk</p>	<p>7 Cheeseburger (Bun, Cheese Slice, Beef Patty) Lettuce &amp; Tomato Slices Steamed Broccoli Thin Orange Slices Milk</p>	<p>8 Salsa Bean Soup Shredded Monterey Jack &amp; Cheddar Cheeses Thin Cucumber Slices with Dip, steamed if needed Peaches Saltine Crackers Milk</p>	<p>9 Egg Salad Sandwich Tossed Salad (dark green lettuce, shredded carrots &amp; diced tomatoes) Chopped Red Grapes Milk</p>
<p>12 Roll-Ups (Turkey &amp; Cheese in a WW or White Enr. Flour Tortilla) Green Beans Pineapple Tidbits Milk</p>	<p>13 Lean Ham Slices Sweet Potatoes 'n' Pears Steamed Cauliflower WW Rolls Milk</p>	<p>14 <b>Cook's Choice</b></p>	<p>15 Easy Homemade Chicken Nuggets Steamed Broccoli Apricots WW Half Bagels Milk</p>	<p>16 <b>Staff Meeting</b></p>
<p>19 Macaroni and Cheese Lima Beans Chopped Red Grapes Cooked Carrots Milk</p>	<p>20 Scrambled Eggs Oven Roasted Red Potatoes Thin Orange Slices Flour Tortillas Milk</p>	<p>21 Baked Chicken with BBQ Sauce Cooked Broccoli, Carrots &amp; Cauliflower Apples-peeled, sliced thin WW Rolls Milk</p>	<p>22 Tuna Sandwich Spinach Salad Apricots Milk</p>	<p>23 Meatloaf Pears Cucumbers &amp; Red/Green Pepper Strips-steamed WW English Muffins Milk</p>
<p>26 Spaghetti (Pasta, Gr. Beef, Sauce) Spinach Salad w/ Dressing Thin Orange Slices Garlic Bread Milk</p>	<p>27 Sub (Ham, Mozzarella Cheese on a Hoagie Bun) Sweet Potato Fries Pineapple Tidbits Milk</p>	<p>28 Dinner in a Pumpkin (Ground Beef, Rice, Pumpkin, Mushrooms) Cheese Slices Apples-peeled, sliced thin Green Beans French Bread Milk</p>	<p>29 Pozole (Pork, Onion, hominy, seasonings) Shredded Monterey Jack Cheese Shredded Cabbage Lime Slices Peaches Corn Tortillas Milk</p>	<p>30 Chicken Tortas (Rolls, Chicken, Beans, Cheese) Shredded Romaine Lettuce Salsa and/or Diced Tomatoes Apricots Milk</p>