

**Umatilla-Morrow Early Head Start Lunch**  
**8-23 months**  
**October 2009**

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
<b>* Modify Textures as Needed</b>	<b>*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</b>	<b>*For 8-11 month olds, fruits and veggies should be plain, cooked or soft, in small pieces or mashed</b>  <b>*12-24 months get whole milk</b>	<b>1 8-11 mo.:</b> Breast Milk or Formula, Beef & Green Beans <b>12-23 mo.:</b> Italian Vegetable Beef Soup (Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans, Pasta) Cheese Slices Saltine Crackers Applesauce      Milk	<b>2 8-11 mo.:</b> Breast Milk or Formula, Chicken & Broccoli <b>12-23 mo.:</b> Arroz Con Pollo (Rice with Chicken) Cooked Broccoli Mango Milk
<b>5 8-11 mo.:</b> Breast Milk or Formula, Chicken & Peas <b>12-23 mo.:</b> Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) Flour Tortillas Peas Diced Pears      Milk	<b>6 8-11 mo.:</b> Breast Milk or Formula, Turkey & Carrots <b>12-23 mo.:</b> Turkey, Ham, Hard Cooked Eggs Diced Tomatoes Cooked Carrots French Bread Apricots Milk	<b>7 8-11 mo.:</b> Breast Milk or Formula, Gr. Beef & Broccoli <b>12-23 mo.:</b> Cheeseburger (Bun, Cheese Slice, Gr. Beef) Diced Tomatoes Cooked Broccoli Mandarin Oranges Milk	<b>8 8-11 mo.:</b> Breast Milk or Formula, Beans & Cooked Cucumber <b>12-23 mo.:</b> Salsa Bean Soup Shredded Monterey Jack & Cheddar Cheeses Steamed Cucumber Slices Peaches Saltine Crackers      Milk	<b>9 8-11 mo.:</b> Breast Milk or Formula, Cooked Egg Yolk & Carrots <b>12-23 mo.:</b> Egg Salad Sandwich Cooked Carrots Diced Tomatoes Chopped Red Grapes Milk
<b>12 8-11 mo.:</b> Breast Milk or Formula, Turkey & Green Beans <b>12-23 mo.:</b> Roll-Ups (Turkey & Cheese in a Flour Tortilla) Green Beans Crushed Pineapple Milk	<b>13 8-11 mo.:</b> Breast Milk or Formula, Ham or Infant Cereal & Sweet Potatoes <b>12-23 mo.:</b> Lean Ham Sweet Potatoes 'n' Pears Cooked Cauliflower WW Rolls Milk	<b>14</b>  <b>Cook's Choice</b>	<b>15 8-11 mo.:</b> Breast Milk or Formula, Chicken & Broccoli <b>12-23 mo.:</b> Easy Homemade Chicken Nuggets Cooked Broccoli Apricots WW Half Bagels Milk	<b>16</b>  <b>Staff Meeting</b>
<b>19 8-11 mo.:</b> Breast Milk or Formula, Beans & Carrots <b>12-23 mo.:</b> Macaroni and Cheese Lima Beans Chopped Red Grapes Cooked Carrots Milk	<b>20 8-11 mo.:</b> Breast Milk or Formula, Cooked Egg Yolks & Potatoes <b>12-23 mo.:</b> Scrambled Eggs Oven Roasted Red Potatoes Mandarin Oranges Flour Tortillas Milk	<b>21 8-11 mo.:</b> Breast Milk or Formula, Chicken & Cauliflower <b>12-23 mo.:</b> Baked Chicken with BBQ Sauce Cooked Broccoli, Carrots & Cauliflower Applesauce WW Rolls      Milk	<b>22 8-11 mo.:</b> Breast Milk or Formula, Infant Cereal & Spinach <b>12-23 mo.:</b> Tuna Sandwich Steamed Spinach Apricots Milk	<b>23 8-11 mo.:</b> Breast Milk or Formula, Gr. Beef & Cucumbers <b>12-23 mo.:</b> Meatloaf Pears Cucumbers & Red/Green Pepper Strips-steamed WW English Muffins Milk
<b>26 8-11 mo.:</b> Breast Milk or Formula, Gr. Beef & Spinach <b>12-23 mo.:</b> Spaghetti (Pasta, Gr. Beef, Sauce) Steamed Spinach Mandarin Oranges Garlic Bread Milk	<b>27 8-11 mo.:</b> Breast Milk or Formula, Ham or Infant Cereal & Sweet Potatoes <b>12-23 mo.:</b> Sub (Ham, Mozzarella Cheese on a Hoagie Bun) Sweet Potato Fries Crushed Pineapple Milk	<b>28 8-11 mo.:</b> Breast Milk or Formula, Gr. Beef, Pumpkin and Green Beans <b>12-23 mo.:</b> Dinner in a Pumpkin (Ground Beef, Rice, Pumpkin, Mushrooms) Cheese Slices Applesauce Green Beans French Bread      Milk	<b>29 8-11 mo.:</b> Breast Milk or Formula, Pork & Broccoli <b>12-23 mo.:</b> Pozole (Pork, Onion, hominy, seasonings) Shredded Monterey Jack Cheese Broccoli Peaches Corn Tortillas Milk	<b>30 8-11 mo.:</b> Breast Milk or Formula, Chicken & Peas <b>12-23 mo.:</b> Chicken Tortas (Rolls, Chicken, Beans, Cheese) Peas Salsa and/or Diced Tomatoes Apricots Milk