

Umatilla-Morrow Head Start Lunch

September 2009

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
7 Holiday		8 Spanish Meatballs Baby Carrots Fresh Pears WW Rolls Milk	9 Salsa Bean Soup Shredded Monterey Jack & Cheddar Cheeses Broccoli Apricots Saltine Crackers Milk	10 Egg Salad Sandwich Tossed Salad (dark green lettuce, carrots & tomatoes) Apple Slices Milk	11 Arroz Con Pollo (Rice with Chicken) Peas Oranges Milk
14 Tuna Sandwich Spinach Salad Mandarin Oranges Milk	15 Lean Ham Slices Green Beans Apple Slices Soft Bread Sticks Milk	16 Roll-Ups (Turkey & Cheese in a WW or White Enr. Flour Tortilla) Broccoli Pineapple Milk	17 Macaroni and Cheese Lima Beans Chopped Red Grapes Carrots Milk	18 Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) Flour Tortillas Peas Orange Slices Milk	
21 Submarine Sandwich (Ham, Swiss & American Cheeses & Dark Green Lettuce on a Hoagie Bun) Cucumbers and Red/Green Pepper Strips Pineapple Milk	22 Spaghetti (Pasta, Tomato Sauce, Gr. Beef) Spinach Salad Apricots Milk	23 Chicken Salad in Half Pitas Peas Mandarin Oranges Milk	24 Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Shredded Cheddar Cheese Carrots Ranch Dip Pears & Kiwi Cornbread w/ butter/marg. Milk	25 Scrambled Eggs Oven Baked Red Potatoes Peaches WW or White Enr. Flour Tortillas Milk	
28 Pizza (Cheese, Ground Beef, Onions, Tomato Sauce, Crust) Tossed Salad (dark green lettuce, carrots & tomatoes) Orange Wedges Milk	29 Grilled Turkey Ham & Swiss Cheese Sandwich Brussels Sprouts Red Apple Slices Milk	30 Hot Tuna Rolls (Tuna, egg, cheese, green peppers, hot dog bun) Carrots Chopped Red Grapes Milk	Eat Fruits and Veggies Every Day!		