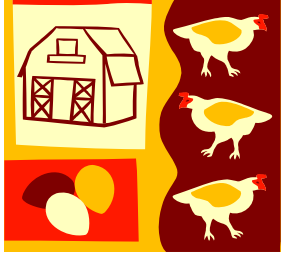


Umatilla-Morrow Early Head Start

Lunch 24-36 months

April 2010

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
	*Modify Textures as Needed		1 Spanish Meatballs Steamed Cauliflower Peaches WW Rolls Milk	2 Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) Flour Tortillas Corn Thin Orange Slices or Mandarin Milk
5 Macaroni and Cheese Lima Beans Apples-peeled, sliced thin Cooked Carrots Milk	6 Chicken Salad in Half Pitas Brussels Sprouts Chopped Grapes Milk	7 Spaghetti (Pasta, Gr. Beef, Sauce) Steamed Broccoli Peaches Garlic Bread Milk	8 Roast Turkey Stuffing (Bread cubes & seasonings) Sweet Potatoes 'n' Pears Green Beans Milk	9 Split Pea Soup Cooked Carrots Banana Warm WW Rolls Milk
12 Burritos (Pinto Beans and Cheese in a Flour Tortilla) Steamed Cucumber Slices & Sweet Pepper Strips Peaches Milk	13 Hamburger on a Whole Wheat Bun Diced Tomato Steamed Cauliflower Apricots Milk	14 Egg Salad Sandwich Tossed Salad (dark green lettuce, shredded carrots & diced tomatoes) Thin Orange Slices or Mandarin Milk	15 Tuna Noodle Casserole (Tuna, Pasta, Cheese) Cooked Carrots Apples-peeled, sliced thin Milk	16 Lean Ham Slices Green Beans Pears Whole Wheat Bread Milk
19 Scrambled Eggs Oven Baked Red Potatoes Thin Orange Slices or Mandarin Flour Tortillas Milk	20 Submarine Sandwich (WW Hoagie Bun, Turkey Ham, Cheddar Cheese) Peas Apples-peeled, sliced thin Milk	21 Pizza (Cheese, Ham, Tomato Sauce, Crust) Tossed Salad (dark green lettuce, diced tomatoes & shredded carrots) Peaches Milk	22 Arroz Con Pollo (Rice with Chicken) Steamed Broccoli Chopped Red Grapes Milk	23 Tacos (Ground Beef, Shredded Cheese, Flour Tortilla) Dark Green Lettuce, Sliced Olives, Diced Tomatoes & Mild Onions Sliced Strawberries Milk
26 Grilled Turkey Ham & Swiss Cheese Sandwich Peas Thin Orange Slices or Mandarin Milk	27 Navy Beans w/ Turkey Ham Unsalted Saltines Apples-peeled, sliced thin Steamed Carrots Milk	28 Baked Chicken with Barbeque Sauce Steamed Broccoli Chopped Red Grapes Whole Wheat Roll Milk	29 Cook's Choice	30 Wellness Day