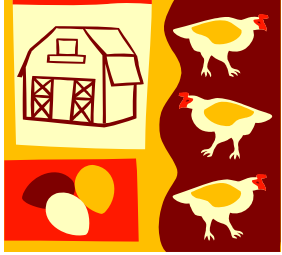


Umatilla-Morrow Early Head Start
Lunch
8-23 months

April 2010

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>*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</p>	<p>*For 8-11 month olds, fruits and veggies should be plain, cooked or soft, in small pieces or mashed</p> <p>*12-24 months get whole milk</p>	<p>1 8-11 mo.: Breast Milk or Formula, Gr. Beef & Cauliflower 12-23 mo.: Spanish Meatballs Cooked Cauliflower Peaches WW Rolls Milk</p>	<p>2 8-11 mo.: Breast Milk or Formula, Chicken & Green Beans 12-23 mo.: Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) Flour Tortillas Green Beans Mandarin Oranges Milk</p>
<p>5 8-11 mo.: Breast Milk or Formula, Lima Beans & Carrots 12-23 mo.: Macaroni and Cheese Lima Beans Applesauce Cooked Carrots Milk</p>	<p>6 8-11 mo.: Breast Milk or Formula, Chicken & Green Beans 12-23 mo.: Chicken Salad in Half Pitas Brussels Sprouts Chopped Grapes Milk</p>	<p>7 8-11 mo.: Breast Milk or Formula, Gr. Beef & Broccoli 12-23 mo.: Spaghetti (Pasta, Gr. Beef, Sauce) Steamed Broccoli Diced Peaches Garlic Bread Milk</p>	<p>8 8-11 mo.: Breast Milk or Formula, Turkey & Sweet Potatoes 12-23 mo.: Roast Turkey Stuffing (Bread cubes & seasonings) Sweet Potatoes 'n' Pears Green Beans Milk</p>	<p>9 8-11 mo.: Breast Milk or Formula, Split Peas & Carrots 12-23 mo.: Split Pea Soup Cooked Carrots Banana Warm WW Rolls Milk</p>
<p>12 8-11 mo.: Breast Milk or Formula, Beans & Peas 12-23 mo.: Burritos (Pinto Beans and Cheese in a Flour Tortilla) Peas Peaches Milk</p>	<p>13 8-11 mo.: Breast Milk or Formula, Gr. Beef & Cauliflower 12-23 mo.: Hamburger on a Whole Wheat Bun Diced Tomatoes Cooked Cauliflower Apricots Milk</p>	<p>14 8-11 mo.: Breast Milk or Formula, Cooked Egg Yolks & Carrots 12-23 mo.: Egg Salad Sandwich Cooked Carrots Diced Tomatoes Mandarin Oranges Milk</p>	<p>15 8-11 mo.: Breast Milk or Formula, Infant Cereal & Carrots 12-23 mo.: Tuna Noodle Casserole (Tuna, Pasta, Cheese) Cooked Carrots Applesauce Milk</p>	<p>16 8-11 mo.: Breast Milk or Formula, Ham & Green Beans 12-23 mo.: Diced Lean Ham Green Beans Pears Whole Wheat Bread Milk</p>
<p>19 8-11 mo.: Breast Milk or Formula, Cooked Egg Yolks & Potatoes 12-23 mo.: Scrambled Eggs Oven Baked Red Potatoes Mandarin Oranges Flour Tortillas Milk</p>	<p>20 8-11 mo.: Breast Milk or Formula, Cooked Turkey Ham & Peas 12-23 mo.: Sub Sandwich (WW Hoagie Bun, Turkey Ham, Cheddar Cheese) Peas Applesauce Milk</p>	<p>21 8-11 mo.: Breast Milk or Formula, Ham & Carrots 12-23 mo.: Pizza (Cheese, Diced Ham, Tomato Sauce, Crust) Cooked Carrots Diced Tomatoes Peaches Milk</p>	<p>22 8-11 mo.: Breast Milk or Formula, Chicken & Broccoli 12-23 mo.: Arroz Con Pollo (Rice with Chicken) Steamed Broccoli Chopped Red Grapes Milk</p>	<p>23 8-11 mo.: Breast Milk or Formula, Gr. Beef and Green Beans 12-23 mo.: Tacos (Ground Beef, Shredded Cheese, Flour Tortilla) Diced Tomatoes Green Beans Sliced Strawberries Milk</p>
<p>26 8-11 mo.: Breast Milk or Formula, Cooked Turkey Ham & Peas 12-23 mo.: Grilled Turkey Ham & Swiss Cheese Sandwich Peas Mandarin Oranges Milk</p>	<p>27 8-11 mo.: Breast Milk or Formula, Beans & Carrots 12-23 mo.: Navy Beans w/ Turkey Ham Unsalted Saltines Applesauce Cooked Carrots Milk</p>	<p>28 8-11 mo.: Breast Milk or Formula, Chicken & Broccoli 12-23 mo.: Baked Chicken with Barbeque Sauce Steamed Broccoli Chopped Red Grapes Whole Wheat Roll Milk</p>	<p>29</p> <p>Cook's Choice</p>	<p>30</p> <p>Wellness Day</p>