


Lunch

Umatilla-Morrow Head Start

February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
UMCHS is an Equal Opportunity Provider				
1 Lean Ham Slices Green Beans Apple Slices Soft Bread Sticks Milk	2 Chicken Taco Salad (Seasoned Chicken, Beans, Cheese, Lettuce, Tomato, Diced Olives, Dressing) Corn Bread Peaches Milk	3 Cheeseburger (Whole Wheat Bun, Cheese Slice, Beef Patty) Lettuce & Tomato Slices Cucumber Slices with Dip Orange Slices Milk	4 Salsa Bean Soup w/ Shredded Monterey Jack & Cheddar Cheeses Broccoli Pineapple Saltine Crackers Milk	5 Egg Salad Sandwich Spinach Salad Pears and Mango Milk
8 Split Pea Soup Carrot Sticks Pears Warm WW Rolls Milk	9 Chicken Salad in Half Pitas Tossed Salad(dark green lettuce, carrots & tomatoes) Mandarin Oranges Milk	10 Meatloaf Sweet Potatoes 'n' Pears Apple Slices Whole Wheat Bread Milk	11 Cook's Choice	12 Scrambled Eggs Roasted Red Potatoes Black Beans Flour Tortillas Peaches Milk
15 Holiday	16 Roll-Ups (Turkey & Cheese in a WW or White Enr. Flour Tortilla) Peas Pineapple Milk	17 Easy Homemade Chicken Nuggets Green Beans Orange Slices WW Rolls Milk	18 Roast Turkey Stuffing (Bread cubes & seasonings) Broccoli Apple Slices Milk	19 Pizza (Cheese, Ham, Tomato Sauce, Crust) Tossed Salad(dark green lettuce, carrots & tomatoes) Apricots Milk
22 Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) Flour Tortillas Broccoli Apricots Milk	23 Macaroni and Cheese Lima Beans Apple Slices Carrots Milk	24 Chili (Beans and Hamburger) Cauliflower, Carrot & Celery Sticks Ranch Dip Orange Slices Cornbread Milk	25 Hot Tuna Rolls (Tuna, egg, cheese, green peppers, hot dog bun) Peaches Peas Milk	26 Submarine Sandwich (Ham, Swiss & American Cheeses & Dark Green Lettuce on a Hoagie Bun) Tomato & Cucumber Slices Chopped Grapes Milk