


Umatilla-Morrow Early Head Start Lunch 24-36 months

February 2010

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
	*Modify Textures as Needed			
1 Lean Ham -diced Green Beans Apples-peeled, sliced thin Soft Bread Sticks Milk	2 Chicken Taco Salad (Seasoned Chicken, Beans, Cheese, Lettuce, Tomato, Diced Olives, Dressing) Corn Bread w/ butter Peaches Milk	3 Cheeseburger (Whole Wheat Bun, Cheese Slice, Beef Patty) Diced Tomato Peas Thin Orange Slices or Mandarin Milk	4 Salsa Bean Soup w/ Shredded Monterey Jack & Cheddar Cheeses Steamed Broccoli Pineapple Tidbits Saltine Crackers Milk	5 Egg Salad Sandwich Spinach Salad Pears and Mango Milk
8 Split Pea Soup Cooked Carrots Pears Warm WW Rolls Milk	9 Chicken Salad in Half Pitas Tossed Salad(dark green lettuce, shredded carrots & diced tomatoes) Mandarin Oranges Milk	10 Meatloaf Sweet Potatoes 'n' Pears Apples-peeled, sliced thin 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 Tidbits Milk	17 Easy Homemade Chicken Nuggets Green Beans Thin Orange Slices or Mandarin WW Rolls Milk	18 Roast Turkey Stuffing (Bread cubes & seasonings) Steamed Broccoli Apples-peeled, sliced thin Milk	19 Pizza (Cheese, Ham, Tomato Sauce, Crust) Tossed Salad(dark green lettuce, shredded carrots & diced tomatoes) Chopped Apricots Milk
22 Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) Flour Tortillas Steamed Broccoli Chopped Apricots Milk	23 Macaroni and Cheese Lima Beans Apples-peeled, sliced thin Cooked Carrots Milk	24 Chili (Beans and Hamburger) Cooked Cauliflower, Carrot & Celery Thin Orange Slices or Mandarin Cornbread w/ butter Milk	25 Hot Tuna Rolls (Tuna, egg, cheese, green peppers, hot dog bun) Peaches Peas Milk	26 Submarine Sandwich (Ham, Swiss & American Cheeses on a Hoagie Bun) Diced Tomato & Thin Cucumber Slices Chopped Grapes Milk