


**Umatilla-Morrow Early Head Start**  
**Lunch**  
**8-23 months**

**February 2010**

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>*Modify Textures as Needed</b>	<b>*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</b>	<b>*For 8-11 month olds, fruits and veggies should be plain, cooked or soft, in small pieces or mashed</b>	<b>*12-24 months get whole milk</b>
1 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal or Ham & Green Beans <b>12-23 mo.:</b> Lean Ham -diced Green Beans Applesauce Soft Bread Sticks Milk	2 <b>8-11 mo.:</b> Breast Milk or Formula, Chicken & Pinto Beans <b>12-23 mo.:</b> Chicken Taco Salad (Seasoned Chicken, Beans, Cheese, Lettuce, Tomato, Diced Olives, Dressing) Corn Bread w/ butter Peaches Milk	3 <b>8-11 mo.:</b> Breast Milk or Formula, Gr. Beef & Peas <b>12-23 mo.:</b> Cheeseburger (Whole Wheat Bun, Cheese Slice, Beef Patty) Diced Tomatoes Peas Mandarin Oranges Milk	4 <b>8-11 mo.:</b> Breast Milk or Formula, Black Beans & Broccoli <b>12-23 mo.:</b> Salsa Bean Soup w/ Shredded Monterey Jack & Cheddar Cheeses Cooked Broccoli Crushed Pineapple Saltine Crackers Milk	5 <b>8-11 mo.:</b> Breast Milk or Formula, Cooked Egg Yolk & Spinach <b>12-23 mo.:</b> Egg Salad Sandwich Steamed Spinach Pears and Mango Milk
8 <b>8-11 mo.:</b> Breast Milk or Formula, Split Peas & Carrots <b>12-23 mo.:</b> Split Pea Soup Cooked Carrots Pears Warm WW Rolls Milk	9 <b>8-11 mo.:</b> Breast Milk or Formula, Chicken & Carrots <b>12-23 mo.:</b> Chicken Salad in Half Pitas Cooked Carrots Diced Tomatoes Mandarin Oranges Milk	10 <b>8-11 mo.:</b> Breast Milk or Formula, Gr. Beef & Sweet Potatoes <b>12-23 mo.:</b> Meatloaf Sweet Potatoes 'n' Pears Applesauce Whole Wheat Bread Milk	11  <b>Cook's Choice</b>	12 <b>8-11 mo.:</b> Breast Milk or Formula, Black Beans & Potatoes <b>12-23 mo.:</b> Scrambled Eggs Roasted Red Potatoes Black Beans Flour Tortillas Peaches Milk
15  <b>Holiday</b>	16 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal & Peas <b>12-23 mo.:</b> Roll-Ups (Turkey & Cheese in a WW or White Enr. Flour Tortilla) Peas Crushed Pineapple Milk	17 <b>8-11 mo.:</b> Breast Milk or Formula, Chicken & Green Beans <b>12-23 mo.:</b> Easy Homemade Chicken Nuggets Green Beans Mandarin Oranges WW Rolls Milk	18 <b>8-11 mo.:</b> Breast Milk or Formula, Turkey & Broccoli <b>12-23 mo.:</b> Roast Turkey Stuffing (Bread cubes & seasonings) Steamed Broccoli Applesauce Milk	19 <b>8-11 mo.:</b> Breast Milk or Formula, Ham & Carrots <b>12-23 mo.:</b> Pizza (Cheese, Ham, Tomato Sauce, Crust) Cooked Carrots Diced Tomatoes Chopped Apricots Milk
22 <b>8-11 mo.:</b> Breast Milk or Formula, Chicken & Broccoli <b>12-23 mo.:</b> Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) Flour Tortillas Steamed Broccoli Chopped Apricots Milk	23 <b>8-11 mo.:</b> Breast Milk or Formula, Pureed Lima Beans & Carrots <b>12-23 mo.:</b> Macaroni and Cheese Lima Beans Applesauce Cooked Carrots Milk	24 <b>8-11 mo.:</b> Breast Milk or Formula, Pinto Beans & Cauliflower <b>12-23 mo.:</b> Chili (Beans and Hamburger) Cooked Cauliflower, Carrot & Celery Mandarin Oranges Cornbread w/ butter Milk	25 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal & Peas <b>12-23 mo.:</b> Hot Tuna Rolls (Tuna, egg, cheese, green peppers, hot dog bun) Peaches Peas Milk	26 <b>8-11 mo.:</b> Breast Milk or Formula, Ham & Green Beans <b>12-23 mo.:</b> Sub Sandwich (Ham, Swiss & American Cheeses on a Hoagie Bun) Diced Tomato Green Beans Chopped Grapes Milk