

Lunch

Umatilla-Morrow Head Start

January 2010

UMCHS is an Equal Opportunity Provider

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----|---|--|---|--|---|
| | 4 Tuna Sandwich Carrots Pineapple Milk | 5 Submarine Sandwich (Turkey, Swiss & American Cheeses on a WW Hoagie Bun) Tossed Salad (dark green lettuce, tomatoes & shredded carrots) Apple Slices Milk | 6 Red Beans Brown Rice Cheese Slices Broccoli Sliced Peaches Milk | 7 Meatloaf Sweet Potatoes 'n' Pears Peas Soft Bread Sticks Milk | 8 Posole (Pork, Onion, hominy, seasonings) Shredded Mont. Jack Cheese Sliced Radishes, Shredded Cabbage, Lime Wedges Carrots Bananas Corn Tortillas Milk |
| | 11 Arroz Con Pollo (Rice with Chicken) Spinach Salad Pineapple Milk | 12 Navy Beans w/ Turkey Ham Unsalted Saltines Orange Slices Sliced Cucumbers & Sweet Pepper Strips Milk | 13 Pizza (Cheese, Ground Beef, Onions, Tomato Sauce, Crust) Carrots Bananas Milk | 14 Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) Flour Tortillas Green Beans Mango & Pears Milk | 15 Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Cauliflower & Carrot Apricots Cornbread w/ butter Milk |
| 18 | Holiday | 19 Scrambled Eggs Black Beans Diced Tomatoes Orange Slices Flour Tortillas Milk | 20 Roast Beef Light 'n' Creamy Mashed Potatoes Peaches WW Bagels Milk | 21 Easy Homemade Chicken Nuggets Broccoli Apple Slices Warm WW Rolls Milk | 22 Sloppy Mikes (Ground Turkey, Tomatoes, Corn, WW Buns) Carrots Pears Milk |
| | 25 Baked Chicken with BBQ Sauce Broccoli Pineapple WW Rolls Milk | 26 Burritos (Pinto Beans and Cheese in a Flour Tortilla) Peas, Carrots & Corn Peaches Milk | 27 Italian Vegetable Beef Soup(Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Saltine Crackers Apricots Milk | 28 Macaroni and Cheese Lima Beans Apple Slices Carrots Milk | 29 Egg Salad Sandwich on whole wheat bread Tossed Salad (dark green lettuce, carrots & tomatoes) Pears Milk |

