


# Lunch

# Umatilla-Morrow Head Start

## March 2010

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
1 Posole (Pork, Onion, hominy, seasonings) Shredded Monterey Jack Cheese Sliced Radishes and Shredded Cabbage Lime Wedges Peaches Corn Tortillas Milk	2 Grilled Turkey Ham & Swiss Cheese Sandwich Sweet Potato Fries Pears & Kiwi Milk	3 Navy Beans w/ Ham Unsalted Saltines Chopped Grapes Baby Carrots Milk	4 Arroz Con Pollo (Rice with Chicken) Broccoli Pineapple Milk	5  <b>Staff Meeting</b>
8 Pasta Bow Ties w/ Tomatoes & Ground Beef Green Beans Pears Milk	9 Baked Chicken with Barbeque Sauce Broccoli Peaches Whole Wheat Roll Milk	10 Chef Salad (Romaine Lettuce, Turkey, Ham, Hard Cooked Eggs, Tomatoes, Shredded Carrots, Cucumbers, Dressing) French Bread Apricots Milk	11 Burritos (Pinto Beans and Cheese in a WW or White Enr. Flour Tortilla) Carrot Sticks Pineapple Milk	12 Italian Vegetable Beef Soup (Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Saltine Crackers Oranges Milk
15 Tacos (Ground Beef, Shredded Cheese, WW or White Enr. Flour Tortilla) Dark Green Lettuce, Olives, Tomatoes & Mild Onions Orange Slices Milk	16 Easy Homemade Chicken Nuggets Spinach Salad Apple Slices WW Half Bagels Milk	17 Red Beans Brown Rice Cheese Sticks Broccoli Pears Milk	18  <b>Cook's Choice</b>	19 Hamburger (Whole Wheat Bun, Beef Patty) Lettuce & Tomato Slices Peas Peaches Milk
22  <b>****</b>	23  <b>Spring</b>	24  <b>****</b>	25  <b>Break</b>	26  <b>****</b>
29 Tuna Sandwich Spinach Salad Berries and Pears Milk	30 Salsa Bean Soup w/ Shredded Monterey Jack & Cheddar Cheeses Broccoli Pineapple Saltine Crackers Milk	31 Lean Ham Green Beans Apricots Whole Wheat Roll Milk		<b>March is National Nutrition Month-- Celebrate by cooking a healthy meal with your child!</b>