


**Umatilla-Morrow Early Head Start**      **Lunch**  
**24-36 months**

**March 2010**

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
1 Posole (Pork, Onion, hominy, seasonings) Shredded Monterey Jack Cheese Shredded Cabbage Lime Wedges Peas 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 Cooked Baby Carrots Milk	4 Arroz Con Pollo (Rice with Chicken) Steamed Broccoli Pineapple Tidbits Milk	5  <b>Staff Meeting</b>
8 Pasta Bow Ties w/ Tomatoes & Ground Beef Green Beans Pears Milk	9 Baked Chicken with Barbeque Sauce Steamed Broccoli Peaches Whole Wheat Roll Milk	10 Chef Salad (Romaine Lettuce, Diced Turkey & Ham, Hard Cooked Eggs, Tomatoes, Shredded Cucumbers & Carrots, Dressing) French Bread Apricots Milk	11 Burritos (Pinto Beans and Cheese in a WW or White Enr. Flour Tortilla) Cooked Carrots Pineapple Tidbits Milk	12 Italian Vegetable Beef Soup(Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Saltine Crackers Thin Orange Slices Milk
15 Tacos (Ground Beef, Shredded Cheese, Flour Tortilla) Shredded Dark Green Lettuce, Sliced Olives, Diced Tomatoes & Mild Onions Thin Orange Slices Milk	16 Easy Homemade Chicken Nuggets Spinach Salad Apples-peeled, sliced thin WW Half Bagels Milk	17 Red Beans Brown Rice Cheese Slices Steamed Broccoli Pears Milk	18  <b>Cook's Choice</b>	19 Hamburger (Whole Wheat Bun, Beef Patty) Diced Tomato 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 Steamed Broccoli Pineapple Tidbits Saltine Crackers Milk	31 Lean Ham Green Beans Apricots Whole Wheat Roll Milk		<b>*Modify Textures as Needed</b>