

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

**March 2010**

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <b>8-11 mo.:</b> Breast Milk or Formula, Pork &amp; Peas  <b>12-23 mo.:</b> Posole (Pork, Onion, hominy, seasonings)                      Shredded Monterey Jack Cheese                      Peas                      Peaches                      Corn Tortillas Milk</p>	<p>2 <b>8-11 mo.:</b> Breast Milk or Formula, Turkey Ham or Infant Cereal &amp; Sweet Potatoes  <b>12-23 mo.:</b> Grilled Turkey Ham &amp; Swiss Cheese Sandwich                      Sweet Potato Fries                      Pears &amp; Kiwi Milk</p>	<p>3 <b>8-11 mo.:</b> Breast Milk or Formula, Beans &amp; Carrots  <b>12-23 mo.:</b> Navy Beans w/ Diced Ham                      Unsalted Saltines                      Chopped Grapes                      Cooked Baby Carrots                      Milk</p>	<p>4 <b>8-11 mo.:</b> Breast Milk or Formula, Chicken &amp; Broccoli  <b>12-23 mo.:</b> Arroz Con Pollo (Rice with Chicken)                      Steamed Broccoli                      Crushed Pineapple                      Milk</p>	<p>5  <b>Staff Meeting</b></p>
<p>8 <b>8-11 mo.:</b> Breast Milk or Formula, Gr. Beef &amp; Green Beans  <b>12-23 mo.:</b> Pasta Bow Ties w/ Tomatoes &amp; Ground Beef                      Green Beans                      Peas                      Milk</p>	<p>9 <b>8-11 mo.:</b> Breast Milk or Formula, Chicken &amp; Broccoli  <b>12-23 mo.:</b> Baked Chicken with Barbeque Sauce                      Steamed Broccoli                      Peaches                      Whole Wheat Roll                      Milk</p>	<p>10 <b>8-11 mo.:</b> Breast Milk or Formula, Cooked Egg Yolks&amp; Carrots  <b>12-23 mo.:</b> Diced Turkey, Ham &amp; Hard Cooked Eggs,                      Diced Tomatoes                      Cooked Carrots                      French Bread                      Apricots                      Milk</p>	<p>11 <b>8-11 mo.:</b> Breast Milk or Formula, Beans &amp; Carrots  <b>12-23 mo.:</b> Burritos (Pinto Beans and Cheese in a WW or White Enr. Flour Tortilla)                      Cooked Carrots                      Crushed Pineapple                      Milk</p>	<p>12 <b>8-11 mo.:</b> Breast Milk or Formula, Gr. Beef &amp; Green Beans  <b>12-23 mo.:</b> Italian Vegetable Beef Soup (Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans)                      Saltine Crackers                      Mandarin Oranges                      Milk</p>
<p>15 <b>8-11 mo.:</b> Breast Milk or Formula, Gr. Beef &amp; Green Beans  <b>12-23 mo.:</b> Tacos (Ground Beef, Shredded Cheese, Flour Tortilla)                      Diced Tomatoes                      Green Beans                      Mandarin Oranges                      Milk</p>	<p>16 <b>8-11 mo.:</b> Breast Milk or Formula, Chicken &amp; Spinach  <b>12-23 mo.:</b> Easy Homemade Chicken Nuggets                      Steamed Spinach                      Applesauce                      WW Half Bagels                      Milk</p>	<p>17 <b>8-11 mo.:</b> Breast Milk or Formula, Pureed Beans &amp; Broccoli  <b>12-23 mo.:</b> Red Beans                      Brown Rice                      Cheese Slices                      Steamed Broccoli                      Peas                      Milk</p>	<p>18  <b>Cook's Choice</b></p>	<p>19 <b>8-11 mo.:</b> Breast Milk or Formula, Gr. Beef &amp; Peas  <b>12-23 mo.:</b> Hamburger (Whole Wheat Bun, Beef Patty)                      Diced Tomato                      Peas                      Peaches                      Milk</p>
<p>22  <b>***</b></p>	<p>23  <b>Spring</b></p>	<p>24  <b>***</b></p>	<p>25  <b>Break</b></p>	<p>26  <b>*Modify Food Textures as Needed</b></p>
<p>29 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Spinach  <b>12-23 mo.:</b> Tuna Sandwich                      Steamed Spinach                      Berries and Pears                      Milk</p>	<p>30 <b>8-11 mo.:</b> Breast Milk or Formula, Beans &amp; Broccoli  <b>12-23 mo.:</b> Salsa Bean Soup w/ Shredded Monterey Jack &amp; Cheddar Cheeses                      Steamed Broccoli                      Crushed Pineapple                      Saltine Crackers                      Milk</p>	<p>31 <b>8-11 mo.:</b> Breast Milk or Formula, Ham or Infant Cereal &amp; Green Beans  <b>12-23 mo.:</b> Diced Lean Ham                      Green Beans                      Apricots                      Whole Wheat Roll                      Milk</p>	<p><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></p>	<p><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></p>