

# Lunch

# Umatilla-Morrow Head Start

## December 2011

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Chicken with Barbeque Sauce Brown Rice Sweet Potatoes 'n' Pears Green Beans Milk	2 Split Pea Soup Cauliflower & Carrot Sticks Apple Slices Saltine Crackers Milk
	5 Roll-Ups (Turkey & Cheese in a WW or White Enr. Flour Tortilla) Peas Apple Slices Milk	6 Salsa Bean Soup Shredded Monterey Jack & Cheddar Cheeses Cauliflower Apricots Saltine Crackers Milk	7 Easy Homemade Chicken Nuggets Broccoli Orange Slices WW Half Bagels Milk	8 Lentil and Veggie Soup Whole Grain Rolls Strawberry Yogurt Bananas Milk	9 English Muffin Pizzas (WW Eng. Muffin, Gr. Beef, Cheese, Sauce) Pears Carrots Milk
	12 Sloppy Mikes (Ground Turkey, Tomatoes, Corn, WW Buns) Shredded Cheddar Cheese Tossed Salad (dark green lettuce, tomatoes & shredded carrots) Pears                      Milk	13 Chicken Salad in Whole Wheat Pita Pocket Broccoli Apricots Milk	14 Lima Bean Soup with Ham Carrots Apple Slices Unsalted Saltines Milk	15 Tuna Noodle Casserole (Tuna, Pasta, Cheese) Green Beans Orange Slices Milk	16 Burritos (Pinto Beans and Cheese in a Flour Tortilla) Spinach Salad Peaches Milk
19	***	20 Winter	21 ***	22 Break	23 ***
26 Winter	27 ***	28 Break	29 ***	30 	