

Umatilla-Morrow Early Head Start Lunch
24-36 months

December 2011

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
	*Modify textures as needed			1 Baked Chicken with Barbeque Sauce Brown Rice Sweet Potatoes 'n' Pears Green Beans Milk	2 Split Pea Soup Steamed Cauliflower & Carrot Apples-peeled, sliced thin or Applesauce Saltine Crackers Milk
	5 Roll-Ups (Turkey & Cheese in a WW or White Enr. Flour Tortilla) Peas Apples-peeled, sliced thin or Applesauce Milk	6 Salsa Bean Soup Shredded Monterey Jack & Cheddar Cheeses Steamed Cauliflower Apricots Saltine Crackers Milk	7 Easy Homemade Chicken Nuggets Steamed Broccoli Thin Orange Slices or Mandarin 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 Steamed Carrots Milk
	12 Sloppy Mikes (Ground Turkey, Tomatoes, Corn, WW Buns) Shredded Cheddar Cheese Tossed Salad (dark green lettuce, diced tomatoes & shredded carrots) Pears Milk	13 Chicken Salad in Whole Wheat Pita Pocket Steamed Broccoli Apricots Milk	14 Lima Bean Soup with Ham Steamed Carrots Apples-peeled, sliced thin or Applesauce Unsalted Saltines Milk	15 Tuna Noodle Casserole (Tuna, Pasta, Cheese) Green Beans Thin Orange Slices or Mandarin 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 	