

Umatilla-Morrow Early Head Start Lunch

8-23 months

December 2011

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
	For 8-11 month olds, fruits and veggies should be plain, cooked or soft, in small pieces or mashed; beans should be pureed or mashed	*12-24 months get whole milk * Modify textures as needed	*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	1 8-11 mo.: Breast Milk or Formula, Chicken & Sweet Potatoes 12-23 mo.: Baked Chicken with Barbeque Sauce Brown Rice Sweet Potatoes 'n' Pears Green Beans Milk	2 8-11 mo.: Breast Milk or Formula, Split Peas & Carrots 12-23 mo.: Split Pea Soup Steamed Cauliflower & Carrots Applesauce Saltine Crackers Milk
	5 8-11 mo.: Breast Milk or Formula, Turkey & Peas 12-23 mo.: Roll-Ups (Turkey & Cheese in a WW or White Enr. Flour Tortilla) Peas Applesauce Milk	6 8-11 mo.: Breast Milk or Formula, Pureed Beans & Cauliflower 12-23 mo.: Salsa Bean Soup Shredded Monterey Jack & Cheddar Cheeses Steamed Cauliflower Apricots Saltine Crackers Milk	7 8-11 mo.: Breast Milk or Formula, Chicken & Broccoli 12-23 mo.: Easy Homemade Chicken Nuggets Steamed Broccoli Mandarin Oranges WW Half Bagels Milk	8 8-11 mo.: Breast Milk or Formula, Lentils & Carrots 12-23 mo.: Lentil and Veggie Soup Whole Grain Rolls Strawberry Yogurt Bananas Milk	9 8-11 mo.: Breast Milk or Formula, Gr. Beef & Carrots 12-23 mo.: English Muffin Pizzas (WW Eng. Muffin, Gr. Beef, Cheese, Sauce) Pears Steamed Carrots Milk
	12 8-11 mo.: Breast Milk or Formula, Gr. Turkey & Carrots 12-23 mo.: Sloppy Mikes (Ground Turkey, Tomatoes, Corn, WW Buns) Shredded Cheddar Cheese Diced Tomatoes Cooked Carrots Pears Milk	13 8-11 mo.: Breast Milk or Formula, Chicken & Broccoli 12-23 mo.: Chicken Salad in Whole Wheat Pita Pocket Steamed Broccoli Apricots Milk	14 8-11 mo.: Breast Milk or Formula, Pureed Beans & Carrots 12-23 mo.: Lima Bean Soup with Diced Ham Steamed Carrots Applesauce Unsalted Saltines Milk	15 8-11 mo.: Breast Milk or Formula, Infant Cereal & Green Beans 12-23 mo.: Tuna Noodle Casserole (Tuna, Pasta, Cheese) Green Beans Mandarin Oranges Milk	16 8-11 mo.: Breast Milk or Formula, Purred Beans & Spinach 12-23 mo.: Burritos (Pinto Beans and Cheese in a Flour Tortilla) Spinach Sauté Peaches Milk
19	***	20 Winter	21 ***	22 Break	23 ***
26	Winter	27 ***	28 Break	29 ***	30 