


Umatilla-Morrow Early Head Start Lunch
24-36 months

June 2011

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Baked Chicken with BBQ Sauce Steamed Broccoli Chopped Red Grapes WW Rolls Milk	2 Pasta Bow Ties w/ Tomatoes & Ground Beef Peas Pineapple Tidbits Milk	3 Chef Salad (Romaine Lettuce, Diced Turkey & Ham, Hard Cooked Eggs, Diced Tomatoes, Shredded Carrots, Cucumbers, Dressing) French Bread Nectarines Milk
6 Tacos (Ground Beef, Shredded Cheese, Flour Tortilla) Dark Green Lettuce, Diced Olives, Diced Tomatoes & Mild Onions Peas Apricots Milk	7 Egg Salad in Half Pitas Tossed Salad (dark green lettuce, diced tomatoes & shredded carrots) Mandarin Oranges Milk	8 Macaroni and Cheese Edamame (Soybeans) or Green Beans Watermelon Milk	9 Tuna Sub Sandwich Steamed Broccoli Pineapple Tidbits Milk	
				<p>Modify Textures as Needed</p>