

Lunch

Umatilla-Morrow Head Start

November 2011

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Roast Turkey Stuffing (Bread cubes & seasonings) Peas Apple Slices Milk	2 Grilled Turkey Ham & Swiss Cheese Sandwich Carrot Sticks Banana Milk	3 Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Cauliflower & Broccoli Ranch Dip Sliced Peaches Cornbread w/ butter/marg. Milk	4 Tuna Sandwich Sweet Potato Fries Pineapple Milk
7 Arroz Con Pollo (Rice with Chicken) Baked Squash Apple Slices Milk	8 Pasta Bow Ties w/ Tomatoes & Ground Beef Spinach Salad Orange Slices Milk	9 Navy Beans w/ Turkey Ham Unsalted Saltines Chopped Grapes Baby Carrots Milk	10 Turkey and Cheese Tortilla Roll-up Broccoli Pineapple Milk	11 Holiday
14 Burritos (Pinto Beans and Cheese in a WW or White Enr. Flour Tortilla) Cucumber Slices & Carrot Sticks Pears & Berries Milk	15 Light Chicken Alfredo (Chicken, Whole Grain Pasta, Parmesan Cheese) Peas Apricots Warm WW Rolls Milk	16 Pizza (Cheese, Ham, Onions, Tomato Sauce, Crust) Tossed Salad (dark green lettuce, tomatoes & shredded carrots) Pineapple Milk	17 Italian Vegetable Beef Soup (Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Cheese Sticks Saltine Crackers Peaches Milk	18 Sloppy Mikes (Ground Turkey, Tomatoes, Corn, WW Buns) Shredded Cheddar Cheese Spinach Salad Bananas Milk
21 Tacos (Ground Beef, Shredded Cheese, WW or White Enr. Flour Tortilla) Dark Green Lettuce, Olives, Tomatoes & Mild Onions Peaches Milk	22 Lean Ham Slices Brussels Sprouts Pineapple Soft Bread Sticks Milk	23 Red Beans Brown Rice Cauliflower Orange Slices Milk	24 Holiday	25 Holiday
28 Cheeseburger (WW Bun, Cheese Slice, Beef Patty) Broccoli Orange Slices Milk	29 Egg Salad Sandwich Spinach Salad Apple Slices Milk	30 Pozole (Pork, Onion, hominy, seasonings) Shredded Monterey Jack Cheese Sliced Radishes and Shredded Cabbage Lime Wedges Peaches Corn Tortillas Milk		