

Umatilla-Morrow Early Head Start Lunch 24-36 months

November 2011

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Roast Turkey Stuffing (Bread cubes & seasonings) Peas Apples-peeled, sliced thin or Applesauce Milk	2 Grilled Turkey Ham & Swiss Cheese Sandwich Steamed Carrots Banana Milk	3 Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Steamed Cauliflower & Broccoli Sliced Peaches Cornbread w/ butter/marg. Milk	4 Tuna Sandwich Sweet Potato Fries Pineapple-crushed or tidbits Milk
7 Arroz Con Pollo (Rice with Chicken) Baked Squash Apples-peeled, sliced thin or Applesauce Milk	8 Pasta Bow Ties w/ Tomatoes & Ground Beef Spinach Salad Thin Orange Slices or Mandarin Milk	9 Navy Beans w/ Turkey Ham Unsalted Saltines Chopped Grapes Steamed Carrots Milk	10 Turkey and Cheese Tortilla Roll-up Steamed Broccoli Pineapple-crushed or tidbits Milk	11 Holiday
14 Burritos (Pinto Beans and Cheese in a WW or White Enr. Flour Tortilla) Steamed Carrots and Cucumber 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, diced tomatoes & shredded carrots) Pineapple-crushed or tidbits Milk	17 Italian Vegetable Beef Soup (Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Cheese Slices 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, Diced Olives, Tomatoes & Mild Onions Peaches Milk	22 Lean Ham Slices Brussels Sprouts Pineapple-crushed or tidbits Soft Bread Sticks Milk	23 Red Beans Brown Rice Steamed Cauliflower Thin Orange Slices or Mandarin Milk	24 Holiday	25 Holiday
28 Cheeseburger (WW Bun, Cheese Slice, Beef Patty) Thin Orange Slices or Mandarin Steamed Broccoli Milk	29 Egg Salad Sandwich Spinach Salad Apples-peeled, sliced thin or Applesauce Milk	30 Pozole (Pork, Onion, hominy, seasonings) Shredded Monterey Jack Cheese Shredded Cabbage Peas Lime Wedges Peaches Corn Tortillas Milk	*Modify textures as needed	