

Umatilla-Morrow Early Head Start
Lunch
8-23 months

November 2011

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*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</p>	<p>1 8-11 mo.: Breast Milk or Formula, Turkey & Peas 12-23 mo.: Roast Turkey Stuffing (Bread cubes & seasonings) Peas Applesauce Milk</p>	<p>2 8-11 mo.: Breast Milk or Formula, Turkey Ham & Carrots 12-23 mo.: Grilled Turkey Ham & Swiss Cheese Sandwich Steamed Carrots Banana Milk</p>	<p>3 8-11 mo.: Breast Milk or Formula, Pureed Beans & Cauliflower 12-23 mo.: Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Steamed Cauliflower & Broccoli Peaches Cornbread w/ butter/marg. Milk</p>	<p>4 8-11 mo.: Breast Milk or Formula, Infant Cereal & Sweet Potato 12-23 mo.: Tuna Sandwich Sweet Potato Fries Crushed Pineapple Milk</p>
<p>7 8-11 mo.: Breast Milk or Formula, Chicken & Squash 12-23 mo.: Arroz Con Pollo (Rice with Chicken) Baked Squash Applesauce Milk</p>	<p>8 8-11 mo.: Breast Milk or Formula, Gr. Beef & Spinach 12-23 mo.: Pasta Bow Ties w/ Tomatoes & Ground Beef Spinach Sauté Mandarin Oranges Milk</p>	<p>9 8-11 mo.: Breast Milk or Formula, Pureed Beans & Carrots 12-23 mo.: Navy Beans w/ Diced Turkey Ham Unsalted Saltines Chopped Grapes Steamed Carrots Milk</p>	<p>10 8-11 mo.: Breast Milk or Formula, Turkey & Broccoli 12-23 mo.: Turkey and Cheese Tortilla Roll-up Steamed Broccoli Crushed Pineapple Milk</p>	<p>11 Holiday</p>
<p>14 8-11 mo.: Breast Milk or Formula, Pureed Beans & Carrots 12-23 mo.: Burritos (Pinto Beans and Cheese in a WW or White Enr. Flour Tortilla) Steamed Carrots and Cucumber Pears & Berries Milk</p>	<p>15 8-11 mo.: Breast Milk or Formula, Chicken & Peas 12-23 mo.: Light Chicken Alfredo (Chicken, Whole Grain Pasta, Parmesan Cheese) Peas Apricots Warm WW Rolls Milk</p>	<p>16 8-11 mo.: Breast Milk or Formula, Ham & Carrots 12-23 mo.: Pizza (Cheese, Ham, Onions, Tomato Sauce, Crust) Diced Tomatoes Steamed Carrots Crushed Pineapple Milk</p>	<p>17 8-11 mo.: Breast Milk or Formula, Gr. Beef & Green Beans 12-23 mo.: Italian Vegetable Beef Soup (Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Cheese Slices Saltine Crackers Peaches Milk</p>	<p>18 8-11 mo.: Breast Milk or Formula, Gr. Turkey & Spinach 12-23 mo.: Sloppy Mikes (Ground Turkey, Tomatoes, Corn, WW Buns) Shredded Cheddar Cheese Spinach Sauté Bananas Milk</p>
<p>21 8-11 mo.: Breast Milk or Formula, Gr. Beef & Green Beans 12-23 mo.: Tacos (Ground Beef, Shredded Cheese, WW Flour Tortilla) Diced Tomatoes Green Beans Peaches Milk</p>	<p>22 8-11 mo.: Breast Milk or Formula, Ham & Brussels Sprouts 12-23 mo.: Lean Ham Slices Brussels Sprouts Crushed Pineapple Soft Bread Sticks Milk</p>	<p>23 8-11 mo.: Breast Milk or Formula, Pureed Beans & Cauliflower 12-23 mo.: Red Beans Brown Rice Steamed Cauliflower Mandarin Oranges Milk</p>	<p>24 Holiday</p>	<p>25 Holiday</p>
<p>28 8-11 mo.: Breast Milk or Formula, Gr. Beef & Broccoli 12-23 mo.: Cheeseburger (WW Bun, Cheese Slice, Beef Patty) Steamed Broccoli Mandarin Oranges Milk</p>	<p>29 8-11 mo.: Breast Milk or Formula, Cooked Egg Yolks & Spinach 12-23 mo.: Egg Salad Sandwich Spinach Sauté Applesauce Milk</p>	<p>30 8-11 mo.: Breast Milk or Formula, Pork & Peas 12-23 mo.: Pozole (Pork, Onion, hominy, seasonings) Shredded Monterey Jack Cheese Peas Peaches Corn Tortillas Milk</p>	<p>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</p>	<p>*12-24 months get whole milk * Modify textures as needed</p>