

# Lunch

# Umatilla-Morrow Head Start

## October 2011

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) Flour Tortillas Peas Fresh Pears Milk	4 Chef Salad (Romaine Lettuce, Turkey, Ham, Hard Cooked Eggs, Tomatoes, Shredded Carrots, Dressing) French Bread Apricots Milk	5 Cheeseburger (Bun, Cheese Slice, Beef Patty) Lettuce & Tomato Slices Biking Broccoli Orange Slices Move it Milk <b>Walk and Bike to School Day</b>	6 Salsa Bean Soup Shredded Monterey Jack & Cheddar Cheeses Cucumber Slices with Dip Sliced Peaches Saltine Crackers Milk	7 Egg Salad Sandwich Tossed Salad (dark green lettuce, shredded carrots & tomatoes) Chopped Red Grapes Milk
10 Roll-Ups (Turkey & Cheese in a WW or White Enr. Flour Tortilla) Green Beans Pineapple Milk	11 Lean Ham Slices Sweet Potatoes 'n' Pears Cauliflower WW Rolls Milk	12 Spaghetti (Pasta, Gr. Beef, Sauce) Spinach Salad w/ Dressing Orange Slices Garlic Bread Milk	13 Easy Homemade Chicken Nuggets Broccoli Apricots WW Half Bagels Milk	14  <b>Staff Meeting</b>
17 Macaroni and Cheese Lima Beans Chopped Red Grapes Carrots Milk	18 Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Shredded Cheddar Cheese Cauliflower Ranch Dip Peaches Cornbread w/ butter/marg. Milk	19 Baked Chicken with BBQ Sauce Broccoli Apple Slices Soft Bread Sticks Milk	20 Tuna Sandwich Spinach Salad Oranges Milk	21 Meatloaf Pears Cucumbers & Sweet Pepper Strips WW Rolls Milk
24 Italian Vegetable Beef Soup (Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Cheese Sticks Saltine Crackers Apricots Milk	25 Hawaiian Sub (Ham, Mozzarella Cheese & Pineapple rings on a Hoagie Bun) Sweet Potato Fries Pineapple Milk	26 Scrambled Eggs Oven Roasted Red Potatoes Orange Slices Flour Tortillas Milk	27 Dinner in a Pumpkin (Ground Beef, Rice, Pumpkin, Mushrooms) Apple Slices Yogurt Green Beans French Bread Milk	28 Arroz Con Pollo (Rice with Chicken) Broccoli Mango Milk
31 Pozole (Pork, Onion, hominy, seasonings) Shredded Monterey Jack Cheese Sliced Radishes & Shredded Cabbage Lime Wedges Peaches Corn Tortillas Milk				