

Umatilla-Morrow Early Head Start Lunch 24-36 months

October 2011

UMCCHS is an Equal Opportunity Provider

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