

Umatilla-Morrow Early Head Start
Lunch
8-23 months

October 2011

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 8-11 mo.: Breast Milk or Formula, Chicken & Peas 12-23 mo.: Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) Flour Tortillas Peas Pears Milk</p>	<p>4 8-11 mo.: Breast Milk or Formula, Ham & Carrots 12-23 mo.: Chef Salad Turkey, Ham, Hard Cooked Eggs Diced Tomatoes Cooked Carrots French Bread Apricots Milk</p>	<p>5 8-11 mo.: Breast Milk or Formula, Gr. Beef & Broccoli 12-23 mo.: Cheeseburger (Bun, Cheese Slice, Beef Patty) Diced Tomato Broccoli-steamed Mandarin Oranges Milk</p>	<p>6 8-11 mo.: Breast Milk or Formula, Pureed Beans & Green Beans 12-23 mo.: Salsa Bean Soup Shredded Monterey Jack & Cheddar Cheeses Green Beans Peaches Saltine Crackers Milk</p>	<p>7 8-11 mo.: Breast Milk or Formula, Cooked Egg Yolk & Carrots 12-23 mo.: Egg Salad Sandwich Cooked Carrots Diced Tomatoes Chopped Red Grapes Milk</p>
<p>10 8-11 mo.: Breast Milk or Formula, Turkey & Green Beans 12-23 mo.: Roll-Ups (Turkey & Cheese in a Flour Tortilla) Green Beans Crushed Pineapple Milk</p>	<p>11 8-11 mo.: Breast Milk or Formula, Ham & Sweet Potatoes 12-23 mo.: Lean Ham Slices Sweet Potatoes 'n' Pears Steamed Cauliflower WW Rolls Milk</p>	<p>12 8-11 mo.: Breast Milk or Formula, Gr. Beef & Spinach 12-23 mo.: Spaghetti (Pasta, Gr. Beef, Sauce) Spinach Sauté Steamed Cauliflowers Garlic Bread Milk</p>	<p>13 8-11 mo.: Breast Milk or Formula, Chicken & Broccoli 12-23 mo.: Easy Homemade Chicken Nuggets Steamed Broccoli Apricots WW Half Bagels Milk</p>	<p>14</p> <p>Staff Meeting</p>
<p>17 8-11 mo.: Breast Milk or Formula, Pureed Beans & Carrots 12-23 mo.: Macaroni and Cheese Lima Beans Chopped Red Grapes Steamed Carrots Milk</p>	<p>18 8-11 mo.: Breast Milk or Formula, Pureed Beans & Cauliflower 12-23 mo.: Veg. Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Shredded Cheddar Cheese Steamed Cauliflower Peaches Cornbread w/ butter/marg. Milk</p>	<p>19 8-11 mo.: Breast Milk or Formula, Chicken & Broccoli 12-23 mo.: Baked Chicken with BBQ Sauce Steamed Broccoli Applesauce Soft Bread Sticks Milk</p>	<p>20 8-11 mo.: Breast Milk or Formula, Infant Cereal & Spinach 12-23 mo.: Tuna Sandwich Spinach Sauté Mandarin Oranges Milk</p>	<p>21 8-11 mo.: Breast Milk or Formula, Gr. Beef & Green Beans 12-23 mo.: Meatloaf Pears Green Beans WW Rolls Milk</p>
<p>24 8-11 mo.: Breast Milk or Formula, Gr. Beef & Carrots 12-23 mo.: Italian Vegetable Beef Soup(Beef, Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Cheese Slices Saltine Crackers Apricots Milk</p>	<p>25 8-11 mo.: Breast Milk or Formula, Ham & Sweet Potatoes 12-23 mo.: Ham & Mozzarella Cheese on a Hoagie Bun Sweet Potato Fries Crushed Pineapple Milk</p>	<p>26 8-11 mo.: Breast Milk or Formula, Cooked Egg Yolk & Potatoes 12-23 mo.: Scrambled Eggs Oven Roasted Red Potatoes Mandarin Oranges Flour Tortillas Milk</p>	<p>27 8-11 mo.: Breast Milk or Formula, Gr. Beef & Green Beans 12-23 mo.: Dinner in a Pumpkin (Ground Beef, Rice, Pumpkin, Mushrooms) Applesauce Yogurt Green Beans French Bread Milk</p>	<p>28 8-11 mo.: Breast Milk or Formula, Chicken & Broccoli 12-23 mo.: Arroz Con Pollo (Rice with Chicken) Steamed Broccoli Mango Milk</p>
<p>31 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>*12-24 months get whole milk * Modify textures as needed</p>	<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>*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>	