

# Umatilla-Morrow Head Start Lunch

## September 2011

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
5 <b>Holiday</b>		6 Spaghetti (Pasta, Tomato Sauce, Gr. Beef) Baby Carrots Fresh Pears Milk	7 Salsa Bean Soup Shredded Monterey Jack & Cheddar Cheeses Broccoli Apricots Saltine Crackers Milk	8 Egg Salad Sandwich Tossed Salad (dark green lettuce, carrots & tomatoes) Apple Slices Milk	9 Baked Chicken with Barbeque Sauce Sweet Corn Fresh Plums Whole Wheat Rolls Milk
12 Tuna Sandwich Spinach Salad Mandarin Oranges Milk	13 Lean Ham Slices Green Beans Apple Slices Soft Bread Sticks Milk	14 Roll-Ups (Turkey & Cheese in a WW or White Enr. Flour Tortilla) Broccoli Pineapple Milk	15 Macaroni and Cheese Lima Beans Chopped Red Grapes Carrots Milk	16 Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) Corn Tortillas Peas Orange Slices Milk	
19 Submarine Sandwich (Ham, Swiss & American Cheeses & Dark Green Lettuce on a Hoagie Bun) Cucumbers and Red/Green Pepper Strips Pineapple Milk	20 Spanish Meatballs Spinach Salad Apricots WW Rolls Milk	21 Chicken Salad in Half Pitas Peas Mandarin Oranges Milk	22 Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Shredded Cheddar Cheese Carrots Ranch Dip Pears & Kiwi Cornbread w/ butter/marg. Milk	23 Scrambled Eggs Oven Baked Red Potatoes Peaches WW or White Enr. Flour Tortillas Milk	
26 Pizza (Cheese, Ground Beef, Olives, Tomato Sauce, Crust) Tossed Salad (dark green lettuce, carrots & tomatoes) Peaches Milk	27 Grilled Turkey Ham & Swiss Cheese Sandwich Roasted Brussels Sprouts Apple Slices Milk	28 Arroz Con Pollo (Rice with Chicken) Peas Orange Slices Milk	29 Italian Vegetable Beef Soup (Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Cheese Sticks Saltine Crackers Pears Milk	30 Hot Tuna Rolls (Tuna, egg, cheese, green peppers, hot dog bun) Carrots Chopped Red Grapes Milk	

