

**Umatilla-Morrow Head Start**  
**Lunch**  
**24-36 months**

**September 2011**

UMCHS is an Equal Opportunity Provider

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>5</b>	<b>Holiday</b>	6 Spaghetti (Pasta, Tomato Sauce, Gr. Beef) Steamed Carrots Fresh Pears-soft and ripe Milk	7 Salsa Bean Soup Shredded Monterey Jack & Cheddar Cheeses Steamed Broccoli Apricots Saltine Crackers Milk	8 Egg Salad Sandwich Tossed Salad (dark green lettuce, shredded carrots & diced tomatoes) Apples-peeled, sliced thin 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 Apples-peeled, sliced thin Soft Bread Sticks Milk	14 Roll-Ups (Turkey & Cheese in a WW or White Enr. Flour Tortilla) Steamed Broccoli Pineapple Tidbits Milk	15 Macaroni and Cheese Lima Beans Chopped Red Grapes Steamed Carrots Milk	16 Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) Corn Tortillas Peas Thin Orange Slices Milk
	19 Submarine Sandwich (Ham, Swiss & American Cheeses & Dark Green Lettuce on a Hoagie Bun) Thinly Sliced Cucumbers & Red/Green Pepper Strips Pineapple Tidbits 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 Steamed Carrots Pears & Kiwi Cornbread w/ butter/marg. Milk	23 Scrambled Eggs Oven Baked Red Potatoes Peaches WW Flour Tortillas Milk
	26 Pizza (Cheese, Ground Beef, Olives, Tomato Sauce, Crust) Tossed Salad (dark green lettuce, shredded carrots & diced tomatoes) Peaches Milk	27 Grilled Turkey Ham & Swiss Cheese Sandwich Roasted Brussels Sprouts Apples-peeled, sliced thin Milk	28 Arroz Con Pollo (Rice with Chicken) Peas Thin Orange Slices Milk	29 Italian Vegetable Beef Soup (Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Cheese Slices Saltine Crackers Pears Milk	30 Hot Tuna Rolls (Tuna, egg, cheese, green peppers, hot dog bun) Steamed Carrots Chopped Red Grapes Milk

\*Modify textures as needed

\*Fruits and vegetables should be soft and diced

