

Umatilla-Morrow Head Start
Lunch
8-23 months

September 2011

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
5	Holiday	6 8-11 mo.: Breast Milk or Formula, Gr. Beef & Carrots 12-23 mo.: Spaghetti (Pasta, Tomato Sauce, Gr. Beef) Steamed Carrots Fresh Pears-soft and ripe Milk	7 8-11 mo.: Breast Milk or Formula, Pureed Beans & Broccoli 12-23 mo.: Salsa Bean Soup Shredded Monterey Jack & Cheddar Cheeses Steamed Broccoli Apricots Saltine Crackers Milk	8 8-11 mo.: Breast Milk or Formula, Cooked Egg Yolk & Carrots 12-23 mo.: Egg Salad Sandwich Steamed Carrots Diced Tomatoes Applesauce Milk	9 8-11 mo.: Breast Milk or Formula, Chicken & Green Beans 12-23 mo.: Baked Chicken with Barbeque Sauce Green Beans Fresh Plums-ripe & diced Whole Wheat Rolls Milk
	12 8-11 mo.: Breast Milk or Formula, Infant Cereal & Spinach 12-23 mo.: Tuna Sandwich Spinach –steam or sauté Mandarin Oranges Milk	13 8-11 mo.: Breast Milk or Formula, Ham & Green Beans 12-23 mo.: Lean Ham Slices Green Beans Applesauce Soft Bread Sticks Milk	14 8-11 mo.: Breast Milk or Formula, Turkey & Broccoli 12-23 mo.: Roll-Ups (Turkey & Cheese in a WW Flour Tortilla) Steamed Broccoli Crushed Pineapple Milk	15 8-11 mo.: Breast Milk or Formula, Pureed Beans & Carrots 12-23 mo.: Macaroni and Cheese Lima Beans Chopped Red Grapes Steamed Carrots Milk	16 8-11 mo.: Breast Milk or Formula, Chicken & Peas 12-23 mo.: Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) Corn Tortillas Peas Mandarin Oranges Milk
	19 8-11 mo.: Breast Milk or Formula, Ham & Green Beans 12-23 mo.: Submarine Sandwich (Ham, Swiss & American Cheese on a Hoagie Bun) Diced Cucumbers & Sweet Peppers-steamed Crushed Pineapple Milk	20 8-11 mo.: Breast Milk or Formula, Gr. Beef & Spinach 12-23 mo.: Spanish Meatballs Spinach –steam or sauté Apricots WW Rolls Milk	21 8-11 mo.: Breast Milk or Formula, Chicken & Peas 12-23 mo.: Chicken Salad in Half Pitas Peas Mandarin Oranges Milk	22 8-11 mo.: Breast Milk or Formula, Beans & Carrots 12-23 mo.: Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Shredded Cheddar Cheese Steamed Carrots Pears & Kiwi Cornbread w/ butter/marg. Milk	23 8-11 mo.: Breast Milk or Formula, Cooked Egg Yolk & Potatoes 12-23 mo.: Scrambled Eggs Oven Baked Red Potatoes Peaches WW Flour Tortillas Milk
	26 8-11 mo.: Breast Milk or Formula, Gr. Beef & Carrots 12-23 mo.: Pizza (Cheese, Ground Beef, Olives, Tomato Sauce, Crust) Cooked Carrots Diced Tomatoes Peaches Milk	27 8-11 mo.: Breast Milk or Formula, Turkey Ham & Green Beans 12-23 mo.: Grilled Turkey Ham & Swiss Cheese Sandwich Roasted Brussels Sprouts Applesauce Milk	28 8-11 mo.: Breast Milk or Formula, Chicken & Peas 12-23 mo.: Arroz Con Pollo (Rice with Chicken) Peas Mandarin Oranges Milk	29 8-11 mo.: Breast Milk or Formula, Gr. Beef & Green Beans 12-23 mo.: Italian Vegetable Beef Soup(Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Cheese Slices Saltine Crackers Pears Milk	30 8-11 mo.: Breast Milk or Formula, Cooked Egg Yolk & Carrots 12-23 mo.: Hot Tuna Rolls (Tuna, egg, cheese, green peppers, hot dog bun) Steamed Carrots Chopped Red Grapes Milk
		*12-24 months get whole milk * Modify textures as needed	*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	*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	