

Lunch

Umatilla-Morrow Head Start

February 2012

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cheeseburger (Whole Wheat Bun, Cheese Slice, Beef Patty) Lettuce & Tomato Slices Cucumber Slices with Dip Apricots Milk	2 Salsa Bean Soup w/ Shredded Monterey Jack & Cheddar Cheeses Broccoli Pineapple Saltine Crackers Milk	3 Lean Ham Slices Green Beans Apple Slices Soft Bread Sticks Milk
6 Split Pea Soup Carrot Sticks Pears Warm WW Rolls Milk	7 Chicken Taco Salad (Seasoned Chicken, Beans, Cheese, Lettuce, Tomato, Diced Olives, Dressing) Corn Bread Peaches Milk	8 Meatloaf Sweet Potatoes 'n' Pears Apple Slices Whole Wheat Bread Milk	9 Pizza (Cheese, Ham, Tomato Sauce, Crust) Tossed Salad(dark green lettuce, carrots & tomatoes) Pineapple Milk	10 Scrambled Eggs Roasted Red Potatoes Black Beans Flour Tortillas Apricots Milk
13 Roll-Ups (Turkey & Cheese in a. Flour Tortilla) Peas Pineapple Milk	14 Egg Salad Sandwich Spinach Salad Pears Milk	15 Easy Homemade Chicken Nuggets Green Beans Orange Slices WW Rolls Milk	16 Roast Turkey Stuffing (Bread cubes & seasonings) Carrots Apple Slices Milk	17 Spaghetti (Tomato Based Sauce, Gr. Beef, Whole Grain Pasta) Broccoli Apricots Milk
20 Holiday	21 Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) Flour Tortillas Broccoli Apricots Milk	22 Chili (Beans and Hamburger) Cauliflower, Carrot & Celery Sticks Ranch Dip Orange Slices Cornbread Milk	23 Hot Tuna Rolls (Tuna, egg, cheese, green peppers, hot dog bun) Peaches Peas Milk	24 Submarine Sandwich (Ham, Swiss & American Cheeses & Dark Green Lettuce on a Hoagie Bun) Tomato & Cucumber Slices Chopped Grapes Milk
27 Macaroni and Cheese Edamame (soybeans) Apple Slices Broccoli Milk	28 Chicken Salad in WW Half Pitas Cauliflower Mandarin Oranges Milk	29 Navy Beans w/ Ham Unsalted Saltines Chopped Grapes Baby Carrots Milk		