

Lunch

Umatilla-Morrow Early Head Start

February 2012

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
*Modify textures as needed		1 Cheeseburger (Whole Wheat Bun, Cheese Slice, Beef Patty) Lettuce & Tomato Slices Cucumber-peeled, thin slices Apricots Milk	2 Salsa Bean Soup w/ Shredded Monterey Jack & Cheddar Cheeses Steamed Broccoli Pineapple Tidbits Saltine Crackers Milk	3 Lean Ham Slices Green Beans Apples-peeled, sliced thin Soft Bread Sticks Milk
6 Split Pea Soup Steamed Carrots 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 Apples-peeled, sliced thin Whole Wheat Bread Milk	9 Pizza (Cheese, Ham, Tomato Sauce, Crust) Tossed Salad (dark green lettuce, diced tomatoes & shredded carrots) Pineapple Tidbits Milk	10 Scrambled Eggs Roasted Red Potatoes Black Beans Flour Tortillas Apricots Milk
13 Roll-Ups (Turkey & Cheese in a. Flour Tortilla) Peas Pineapple Tidbits Milk	14 Egg Salad Sandwich Spinach Salad Pears Milk	15 Easy Homemade Chicken Nuggets Green Beans Thin Orange Slices or Mandarin WW Rolls Milk	16 Roast Turkey Stuffing (Bread cubes & seasonings) Steamed Carrots Apples-peeled, sliced thin Milk	17 Spaghetti (Tomato Based Sauce, Gr. Beef, Whole Grain Pasta) Steamed Broccoli Apricots Milk
20 Holiday	21 Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) Flour Tortillas Steamed Broccoli Apricots Milk	22 Chili (Beans and Hamburger) Steamed Cauliflower, Carrot & Celery Thin Orange Slices or Mandarin 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) Diced Tomato Cucumber-peeled, thin slices Chopped Grapes Milk
27 Macaroni and Cheese Apples-peeled, sliced thin Steamed Broccoli Milk	28 Chicken Salad in WW Half Pitas Steamed Cauliflower Mandarin Oranges Milk	29 Navy Beans w/ Ham Unsalted Saltines Chopped Grapes Steamed Carrots Milk		