

# Lunch

# Umatilla-Morrow Early Head Start

## February 2012

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>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</b></p>	<p><b>*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</b></p>	<p>1 <b>8-11 mo.:</b> Breast Milk or Formula, Gr. Beef &amp; Peas  <b>12-23 mo.:</b> Cheeseburger (Whole Wheat Bun, Cheese Slice, Beef Patty)                      Diced Tomato                      Peas                      Apricots                      Milk</p>	<p>2 <b>8-11 mo.:</b> Breast Milk or Formula, Pureed Beans &amp; Broccoli  <b>12-23 mo.:</b> Salsa Bean Soup w/ Shredded Monterey Jack &amp; Cheddar Cheeses                      Steamed Broccoli                      Crushed Pineapple                      Saltine Crackers      Milk</p>	<p>3 <b>8-11 mo.:</b> Breast Milk or Formula, Ham &amp; Green Beans  <b>12-23 mo.:</b> Lean Ham Slices                      Green Beans                      Applesauce                      Soft Bread Sticks                      Milk</p>
<p>6 <b>8-11 mo.:</b> Breast Milk or Formula, Split Peas &amp; Carrots  <b>12-23 mo.:</b> Split Pea Soup                      Steamed Carrots                      Pears                      Warm WW Rolls                      Milk</p>	<p>7 <b>8-11 mo.:</b> Breast Milk or Formula, Chicken &amp; Pureed Beans  <b>12-23 mo.:</b> Chicken Taco Salad (Seasoned Chicken, Beans, Cheese, Shredded Lettuce, Diced Tomato, Diced Olives, Dressing)                      Corn Bread                      Peaches      Milk</p>	<p>8 <b>8-11 mo.:</b> Breast Milk or Formula, Gr. Beef &amp; Sweet Potatoes  <b>12-23 mo.:</b> Meatloaf                      Sweet Potatoes 'n' Pears                      Applesauce                      Whole Wheat Bread                      Milk</p>	<p>9 <b>8-11 mo.:</b> Breast Milk or Formula, Ham &amp; Carrots  <b>12-23 mo.:</b> Pizza (Cheese, Ham, Tomato Sauce, Crust)                      Diced Tomatoes                      Cooked Carrots                      Crushed Pineapple                      Milk</p>	<p>10 <b>8-11 mo.:</b> Breast Milk or Formula, Cooked Egg Yolks &amp; Potatoes  <b>12-23 mo.:</b> Scrambled Eggs                      Roasted Red Potatoes                      Black Beans                      Flour Tortillas                      Apricots                      Milk</p>
<p>13 <b>8-11 mo.:</b> Breast Milk or Formula, Turkey &amp; Peas  <b>12-23 mo.:</b> Roll-Ups (Turkey &amp; Cheese in a. Flour Tortilla)                      Peas                      Crushed Pineapple                      Milk</p>	<p>14 <b>8-11 mo.:</b> Breast Milk or Formula, Cooked Egg Yolks &amp; Spinach  <b>12-23 mo.:</b> Egg Salad Sandwich                      Spinach Sauté                      Pears                      Milk</p>	<p>15 <b>8-11 mo.:</b> Breast Milk or Formula, Chicken &amp; Green Beans  <b>12-23 mo.:</b> Easy Homemade Chicken Nuggets                      Green Beans                      Mandarin Oranges                      WW Rolls                      Milk</p>	<p>16 <b>8-11 mo.:</b> Breast Milk or Formula, Turkey &amp; Carrots  <b>12-23 mo.:</b> Roast Turkey Stuffing (Bread cubes &amp; seasonings)                      Steamed Carrots                      Applesauce                      Milk</p>	<p>17 <b>8-11 mo.:</b> Breast Milk or Formula, Gr. Beef &amp; Broccoli  <b>12-23 mo.:</b> Spaghetti (Tomato Based Sauce, Gr. Beef, Whole Grain Pasta)                      Steamed Broccoli                      Apricots                      Milk</p>
<p>20</p> <p style="text-align: center;"><b>Holiday</b></p>	<p>21 <b>8-11 mo.:</b> Breast Milk or Formula, Chicken &amp; Broccoli  <b>12-23 mo.:</b> Chicken Fajitas (Seasoned Chicken, Red &amp; Green Peppers &amp; Mild Onions)                      Flour Tortillas                      Steamed Broccoli                      Apricots      Milk</p>	<p>22 <b>8-11 mo.:</b> Breast Milk or Formula, Gr. Beef &amp; Cauliflower  <b>12-23 mo.:</b> Chili (Beans and Hamburger)                      Cooked Cauliflower, Carrot &amp; Celery                      Mandarin Oranges                      Cornbread      Milk</p>	<p>23 <b>8-11 mo.:</b> Breast Milk or Formula, Cooked Egg Yolk &amp; Peas  <b>12-23 mo.:</b> Hot Tuna Rolls (Tuna, egg, cheese, green peppers, hot dog bun)                      Peaches                      Peas                      Milk</p>	<p>24 <b>8-11 mo.:</b> Breast Milk or Formula, Ham &amp; Green Beans  <b>12-23 mo.:</b> SubSandwich (Ham, Swiss &amp; American Cheeses on a Hoagie Bun)                      Diced Tomato                      Green Beans                      Chopped Grapes      Milk</p>
<p>27 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Broccoli  <b>12-23 mo.:</b> Macaroni and Cheese                      Applesauce                      Steamed Broccoli                      Milk</p>	<p>28 <b>8-11 mo.:</b> Breast Milk or Formula, Chicken &amp; Cauliflower  <b>12-23 mo.:</b> Chicken Salad in WW Half Pitas                      Steamed Cauliflower                      Mandarin Oranges                      Milk</p>	<p>29 <b>8-11 mo.:</b> Breast Milk or Formula, Pureed Beans &amp; Carrots  <b>12-23 mo.:</b> Navy Beans w/ Diced Ham                      Unsalted Saltines                      Chopped Grapes                      Steamed Carrots                      Milk</p>	<p><b>*12-23 months get whole milk</b></p> <p><b>* Modify textures as needed</b></p>	