

Lunch

Umatilla-Morrow Head Start

January 2012

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
2	Holiday	3 Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) Flour Tortillas Green Beans Peaches Milk	4 Submarine Sandwich (Turkey, Swiss & American Cheeses on a WW Hoagie Bun) Tossed Salad (dark green lettuce, tomatoes & shredded carrots) Apple Slices Milk	5 Meatloaf Sweet Potatoes 'n' Pears Peas Soft Bread Sticks Milk	6 Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Cauliflower & Celery Apricots Cornbread w/ butter Milk
	9 Navy Beans w/ Turkey Ham Unsalted Saltines Orange Slices Broccoli Milk	10 Arroz Con Pollo (Rice with Chicken) Spinach Salad Pineapple Milk	11 Pizza (Cheese, Ground Beef, Onions, Tomato Sauce, Crust) Carrots Bananas Milk	12 Easy Homemade Chicken Nuggets Light 'n' Creamy Mashed Potatoes Apple Slices Warm WW Rolls Milk	13 Posole (Pork, Onion, hominy, seasonings) Shredded Mont. Jack Cheese Sliced Radishes, Shredded Cabbage, Lime Wedges Green Beans Apricots Corn Tortillas Milk
16	Holiday	17 Red Beans Brown Rice Cheese Slices Broccoli Orange Slices Milk	18 Roast Beef Roasted Cauliflower Peaches WW Bagels Milk	19 Tuna Sandwich Spinach Salad Apple Slices Milk	20 Sloppy Mikes (Ground Turkey, Tomatoes, Corn, WW Buns) Shredded Cheddar Cheese Tossed Salad (dark green lettuce, tomatoes & shredded carrots) Pears Milk
	23 Baked Chicken with BBQ Sauce Broccoli Pineapple WW Rolls Milk	24 Burritos (Pinto Beans and Cheese in a Flour Tortilla) Peas, Carrots & Corn Peaches Milk	25 Italian Vegetable Beef Soup (Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans, Pasta) Saltine Crackers Apricots Milk	26 Macaroni and Cheese Lima Beans Apple Slices Carrots Milk	27 Egg Salad Sandwich on whole wheat bread Tossed Salad (dark green lettuce, carrots & tomatoes) Pears Milk
	30 Lentil and Veggie Soup Whole Grain Goldfish Crackers Yogurt Bananas Milk	31 Scrambled Eggs Black Beans Diced Tomatoes and Avocado Orange Slices Flour Tortillas Milk			