

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, Diced Red & Green Peppers & Mild Onions) Flour Tortillas Green Beans Peaches Milk	4 Sub Sandwich (Turkey, Swiss & American Cheeses, WW Hoagie Bun) Tossed Salad (dark green lettuce, diced tomatoes & shredded carrots) Apples-peeled, sliced thin or Applesauce Milk	5 Meatloaf Sweet Potatoes 'n' Pears Peas Soft Bread Sticks Milk	6 Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Steamed Cauliflower Apricots Cornbread w/ butter Milk
9	9 Navy Beans w/ Diced Turkey Ham Unsalted Saltines Thin Orange Slices or Mandarin Steamed Broccoli Milk	10 Arroz Con Pollo (Rice with Chicken) Spinach Salad Pineapple Tidbits Milk	11 Pizza (Cheese, Ground Beef, Onions, Tomato Sauce, Crust) Steamed Carrots Bananas Milk	12 Easy Homemade Chicken Nuggets Light 'n' Creamy Mashed Potatoes Apples-peeled, sliced thin or Applesauce Warm WW Rolls Milk	13 Posole (Pork, Onion, hominy, seasonings) Shredded Mont. Jack Cheese Shredded Cabbage, Lime Wedges Green Beans Apricots Corn Tortillas Milk
16	Holiday	17 Red Beans Brown Rice Cheese Slices Steamed Broccoli Thin Orange Slices or Mandarin Milk	18 Roast Beef Roasted Cauliflower Peaches WW Bagels Milk	19 Tuna Sandwich Spinach Salad Apples-peeled, sliced thin or Applesauce Milk	20 Sloppy Mikes (Ground Turkey, Tomatoes, Corn, WW Buns) Shredded Cheddar Cheese Tossed Salad (dark green lettuce, diced tomatoes & shredded carrots) Pears Milk
23	23 Baked Chicken with BBQ Sauce Steamed Broccoli Pineapple Tidbits 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 Apples-peeled, sliced thin or Applesauce Steamed Carrots Milk	27 Egg Salad Sandwich on whole wheat bread Tossed Salad (dark green lettuce, diced tomatoes & shredded carrots) Pears Milk
30	30 Lentil and Veggie Soup Whole Grain Goldfish Crackers Yogurt Bananas Milk	31 Scrambled Eggs Black Beans Diced Tomatoes and Avocado Thin Orange Slices or Mandarin Flour Tortillas Milk		*Modify textures as needed	