

Lunch

Umatilla-Morrow Head Start

January 2012

UMCHS is an Equal Opportunity Provider

	Monday	Tuesday	Wednesday	Thursday	Friday
2	Holiday	<p>3 8-11 mo.: Breast Milk or Formula, Chicken & Green Beans 12-23 mo.: Chicken Fajitas (Seasoned Chicken, Diced Red & Green Peppers & Mild Onions) Flour Tortillas Green Beans Peaches Milk</p>	<p>4 8-11 mo.: Breast Milk or Formula, Turkey & Carrots 12-23 mo.: Sub Sandwich (Turkey, Swiss & American Cheese, WW Hoagie Bun) Diced Tomatoes Cooked Carrots Applesauce Milk</p>	<p>5 8-11 mo.: Breast Milk or Formula, Gr. Beef & Sweet Potatoes 12-23 mo.: Meatloaf Sweet Potatoes 'n' Pears Peas Soft Bread Sticks Milk</p>	<p>6 8-11 mo.: Breast Milk or Formula, Pureed Beans & Cauliflower 12-23 mo.: Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Steamed Cauliflower Apricots Cornbread w/ butter Milk</p>
9	<p>8-11 mo.: Breast Milk or Formula, Pureed Beans & Broccoli 12-23 mo.: Navy Beans w/ Diced Turkey Ham Unsalted Saltines Mandarin Oranges Steamed Broccoli Milk</p>	<p>10 8-11 mo.: Breast Milk or Formula, Chicken & Spinach 12-23 mo.: Arroz Con Pollo (Rice with Chicken) Spinach Sauté Crushed Pineapple Milk</p>	<p>11 8-11 mo.: Breast Milk or Formula, Gr. Beef & Carrots 12-23 mo.: Pizza (Cheese, Ground Beef, Onions, Tomato Sauce, Crust) Steamed Carrots Bananas Milk</p>	<p>12 8-11 mo.: Breast Milk or Formula, Chicken & Potatoes 12-23 mo.: Easy Homemade Chicken Nuggets Light 'n' Creamy Mashed Potatoes Applesauce Warm WW Rolls Milk</p>	<p>13 8-11 mo.: Breast Milk or Formula, Pork & Green Beans 12-23 mo.: Posole (Pork, Onion, hominy, seasonings) Shredded Mont. Jack Cheese Green Beans Apricots Corn Tortillas Milk</p>
16	Holiday	<p>17 8-11 mo.: Breast Milk or Formula, Pureed Beans & Broccoli 12-23 mo.: Red Beans Brown Rice Cheese Slices Steamed Broccoli Mandarin Oranges Milk</p>	<p>18 8-11 mo.: Breast Milk or Formula, Roast Beef & Cauliflower 12-23 mo.: Roast Beef Roasted Cauliflower Peaches WW Bagels Milk</p>	<p>19 8-11 mo.: Breast Milk or Formula, Infant Cereal & Spinach 12-23 mo.: Tuna Sandwich Spinach Sauté Applesauce Milk</p>	<p>20 8-11 mo.: Breast Milk or Formula, Gr. Turkey & Carrots 12-23 mo.: Sloppy Mikes (Ground Turkey, Tomatoes, Corn, WW Buns) Diced Tomatoes Cooked Carrots Peas Milk</p>
23	<p>8-11 mo.: Breast Milk or Formula, Chicken & Broccoli 12-23 mo.: Baked Chicken with BBQ Sauce Steamed Broccoli Crushed Pineapple WW Rolls Milk</p>	<p>24 8-11 mo.: Breast Milk or Formula, Pureed Beans & Peas 12-23 mo.: Burritos (Pinto Beans and Cheese in a Flour Tortilla) Peas, Carrots & Corn Peaches Milk</p>	<p>25 8-11 mo.: Breast Milk or Formula, Gr. Beef & Green Beans 12-23 mo.: Italian Vegetable Beef Soup(Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans, Pasta) Saltine Crackers Apricots Milk</p>	<p>26 8-11 mo.: Breast Milk or Formula, Pureed Beans & Carrots 12-23 mo.: Macaroni and Cheese Lima Beans Applesauce Steamed Carrots Milk</p>	<p>27 8-11 mo.: Breast Milk or Formula, Cooked Egg Yolk & Carrots 12-23 mo.: Egg Salad Sandwich on whole wheat bread Diced Tomatoes Cooked Carrots Peas Milk</p>
30	<p>8-11 mo.: Breast Milk or Formula, Lentils & Carrots 12-23 mo.: Lentil and Veggie Soup Whole Grain Goldfish Crackers Yogurt Bananas Milk</p>	<p>31 8-11 mo.: Breast Milk or Formula, Cooked Egg Yolk & Green Beans 12-23 mo.: Scrambled Eggs Black Beans Diced Tomatoes and Avocado Mandarin Oranges Flour Tortillas Milk</p>	<p>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</p>	<p>*12-23 months get whole milk * Modify textures as needed</p>	<p>*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</p>