

Umatilla-Morrow Head Start Emergency Menus

Emergency Menu #1

Breakfast/Snack

Cheerios
Banana
Milk

Lunch

Tuna Sandwich on Whole
Wheat Bread
Pineapple
Broccoli
Milk

Snack

Graham Crackers
Milk

Emergency Menu #2

Breakfast/Snack

Bagels
Mandarin Oranges
Milk

Lunch

Turkey and Cheese Roll-up
(Turkey Breast Meat and
Cheese in a Flour Tortilla)
Pears
Baby Carrots
Milk

Snack

Low Sodium Ritz Crackers
100% Juice

Emergency Menu #3

Breakfast/Snack

Whole Wheat Toast
Sliced Peaches
Milk

Lunch

Submarine Sandwich
(Ham, Swiss and American
Cheeses on a Hoagie Bun-
add dark green lettuce and
tomato if possible)
Cauliflower
Apricots
Milk

Snack

Mini Rice Cakes
Milk