





Lunch Echo

Umatilla-Morrow Head Start

November 2017

UMCHS is an Equal Opportunity Provider.

Monday	Tuesday	Wednesday	Thursday	Friday
WW = Whole Wheat WG = Whole Grain Milk served is 1% plain milk		1 Taco Soup Cheese Filled Breadsticks Broccoli Peaches Milk	2 Chicken Sandwich Potato Salad Bananas Milk	3
6 Raviolis Cheese Filled Breadsticks Green Beans Oranges Milk	7 Turkey Wrap Lettuce Tomato Peaches Milk	8 Vegetable Chicken Pasta Salad WG Crackers Peppers Applesauce Milk	9 Cheeseburger Tomatoes Pickles Banana Milk	10 Holiday 
13 Chili with Cheese WG Crackers Carrots Pears Milk	14 Pizza Pockets-Cheese Salad Banana Milk	15 Ham & Cheese on a Bun Broccoli Oranges Milk	16 Turkey Dinner Stuffing Mashed Potatoes & Gravy Rolls Celery/Cranberry Pumpkin Pie Milk	17
20 Spaghetti Breadsticks Corn Oranges Milk	21 Bean & Cheese Burrito Cauliflower Applesauce Milk	22 No School	23 Holiday 	24 Holiday 
27 Chicken Fajitas Peppers Apple Slices Milk	28 Ham & Cheese Sandwich Celery Oranges Milk	29 Turkey Pot Pie Salad Bananas Milk	30 Chicken Nuggets French Fries Carrots Applesauce Milk	