



**Umatilla-Morrow Head Start**

**Lunch**

**Milton-Freewater School District-Preschool**

**October 2017**

**Lil' Pioneers**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Turkey Ham & Cheese Sandwich Vegetable Fruit Milk	3 Beef Soft Taco Vegetable Fruit Milk	4 Cheeseburger Vegetable Fruit Milk  <b>Walk and Bike to School Day</b>	5 Italian Sub Sandwich Vegetable Fruit Milk	6
9 Bean & Cheese Enchilada Vegetable Fruit Milk	10 Chicken Potato Bowl Roll Vegetable Fruit Milk	11 Grilled Cheese Tomato Soup Vegetable Fruit Milk	12 Turkey Ham & Cheese Sandwich Fruit Frenzy Vegetable Milk	13  <b>Staff Meeting</b>
16 Turkey Ham & Cheese Sandwich Vegetable Fruit Milk	17 Chef Salad Vegetable Fruit Milk	18 Cheese Pizza Vegetable Fruit Milk	19 Hot Chicken Sandwich Vegetable Fruit Milk	20
23 Chicken Teriyaki over Rice Vegetable Fruit Milk	24 Bean & Cheese Enchilada Vegetable Fruit Milk	25 Turkey & Cheese Sandwich Vegetable Fruit Milk	26 Crispy Chicken Salad Vegetable Fruit Milk	27
30 Cheese Pizza Vegetable Fruit Milk	31 Turkey & Cheese Sandwich Vegetable Fruit Milk			<b>UMCHS is an Equal Opportunity Provider.</b>