




Umatilla-Morrow Early Head Start
Lunch
8-23 months

November 2017

UMCHS is an Equal Opportunity Provider.

	Monday	Tuesday	Wednesday	Thursday	Friday
	WW = Whole Wheat WG = Whole Grain Milk served is Whole, plain milk for 12-23 mos.	For 8-11 month olds, fruits and veggies should be plain, cooked or soft, in small pieces, mashed or pureed; beans should be pureed or mashed	1 8-11 mo.: Breast Milk or Formula, Gr. Turkey & Mashed sweet potatoes 12-23 mo.: Sloppy Mikes (Ground Turkey, Tomatoes, Corn, WW Buns) Shredded Cheddar Cheese Roasted Sweet potatoes Crushed Pineapple Milk	2 8-11 mo.: Breast Milk or Formula, Beans & Broccoli 12-23 mo.: Broccoli Cheddar Soup Applesauce WW Roll Milk	3 8-11 mo.: Breast Milk or Formula, Gr. Beef & Spinach 12-23 mo.: Pasta Bow Ties w/ Tomatoes & Ground Beef Spinach Sauté Chopped Grapes Milk
6	8-11 mo.: Breast Milk or Formula, Ham & Carrots 12-23 mo.: Pizza (Cheese, Diced Ham, Onions, Tomato Sauce, WW Crust) Cooked Carrots Diced Tomatoes Apricots, diced Milk	7 8-11 mo.: Breast Milk or Formula, Beef & Carrots 12-23 mo.: Italian Vegetable Beef Soup(Beef, Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Shredded Cheese WW Saltine Crackers Mandarin Oranges Milk	8 8-11 mo.: Breast Milk or Formula, Beans & Carrots 12-23 mo.: Burritos (Pinto Beans and Cheese in a Flour Tortilla) Steamed Carrots Crushed Pineapple Milk	9 8-11 mo.: Breast Milk or Formula, Turkey & Sweet Potatoes 12-23 mo.: Roast Turkey Stuffing (Bread cubes & seasonings) Sweet Potatoes & Pears Peaches, diced Milk <i>Sample: Fresh Cranberries see recipe</i>	10 <div style="text-align: center;"> Holiday  </div>
13	8-11 mo.: Breast Milk or Formula, Gr. Beef & Peas 12-23 mo.: Tacos (Ground Beef, Shredded Cheese, WW Flour Tortilla) Diced Tomatoes & Olives Diced Peaches Milk	14 8-11 mo.: Breast Milk or Formula, Beans & Cauliflower 12-23 mo.: Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Shredded Cheese Cauliflower –steamed or rstd Diced Apricots Cornbread Milk	15 8-11 mo.: Breast Milk or Formula, Chicken & Squash 12-23 mo.: Arroz Con Pollo (Rice with Chicken) Baked Butternut Squash Applesauce Milk	16 8-11 mo.: Breast Milk or Formula, Chicken & Peas 12-23 mo.: Light Chicken Alfredo (Chicken, Whole Grain Pasta, Parmesan Cheese) Peas Crushed Pineapple Milk	17 8-11 mo.: Breast Milk or Formula, HB Egg & Spinach 12-23 mo.: Egg Salad Sandwich Spinach Sauté Mandarin Oranges Milk
20	8-11 mo.: Breast Milk or Formula, Gr. Beef & Broccoli 12-23 mo.: Hamburger (WW Bun, Beef Patty) Broccoli-steamed or roasted Peaches, diced Milk	21 8-11 mo.: Breast Milk or Formula, Ground Chicken & Squash 12-23 mo.: Baked Chicken, diced Long Grain Brown Rice Pears, diced Milk	22 28-11 mo.: Breast Milk or Formula, Pork & Peas 12-23 mo.: Pozole (Pork, Onion, hominy, seasonings) Shredded Mont Jack Cheese Peas Bananas Corn Tortillas Milk	23 <div style="text-align: center;"> Holiday  </div>	24 <div style="text-align: center;"> Holiday  </div>
27	8-11 mo.: Breast Milk or Formula, Beans & Peas 12-23 mo.: Salsa Bean Soup Shredded Monterey Jack & Cheddar Cheeses Peas Sliced Peaches Saltine Crackers Milk	28 8-11 mo.: Breast Milk or Formula, Gr beef & Pureed Green Beans 12-23 mo.: Beef Stroganoff Whole grain noodles Green Beans Applesauce Milk	29 8-11 mo: Breast Milk or Formula, Infant cereal & mashed black beans 12-23 mos: Vegetable Lasagna Black beans-mashed Shredded carrots Diced apricots, Milk	30 8-11 mo.: Breast Milk or Formula, Ground Chicken & Pureed Carrots 12-23 mo.: BBQ Chicken Long Grain Brown Rice Steamed Carrots Crushed Pineapple Milk	For 8-11 month olds, meats should be plain and ground, in small tender pieces or pureed; mash cooked egg with formula, breast milk or water