





Lunch

Umatilla-Morrow Head Start

November 2017

UMCHS is an Equal Opportunity Provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>WW = Whole Wheat WG = Whole Grain Milk served is 1% plain milk</p>		<p>1 Sloppy Mikes (Ground Turkey, Tomatoes, Corn, WW Buns) Cheese sticks Roasted Sweet Potatoes Pineapple Tidbits Milk</p>	<p>2 Broccoli Cheddar Soup Apples slices Peanut Butter Honey Yogurt Dip WW Roll Milk</p>	<p>3 Pasta Bow Ties w/ Tomatoes & Ground Beef Spinach Salad Chopped Grapes Milk</p>
<p>6 Pizza (Cheese, Diced Ham, Onions, Tomato Sauce, WW Crust) Tossed Salad (dark green lettuce, diced tomatoes & shredded carrots) Apricots Milk</p>	<p>7 Italian Vegetable Beef Soup (Beef, Beans, Corn, Carrots, Cabbage, Onions, Tomatoes, Green Beans) Cheese sticks/shredded cheese WW Saltine Crackers Orange Slices Milk</p>	<p>8 Burritos (Pinto Beans and Cheese in a WW Flour Tortilla) Carrots Pineapple Tidbits Milk</p>	<p>9 Roast Turkey Stuffing (Bread cubes & seasonings) Sweet Potatoes & Pears Peaches WW Roll Milk <i>Sample: Fresh Cranberries see recipe</i></p>	<p>10</p> <p style="text-align: center;">Holiday</p> 
<p>13 Tacos (Ground Beef, Shredded Cheese, WW Flour Tortilla) Dark Green Lettuce, Olives, Tomatoes & Mild Onions Peaches Milk</p>	<p>14 Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Shredded Cheese Cauliflower –steam/rstd Apricots Cornbread w/ butter/marg. Milk</p>	<p>15 Arroz Con Pollo (Brown Rice with Chicken) Baked Butternut Squash Apples slices Milk</p>	<p>16 Light Chicken Alfredo (Chicken, WG Pasta, Parmesan Cheese) Peas Pineapple Tidbits Milk</p>	<p>17 Egg Salad Sandwich on WW Bread Spinach Salad Orange Slices Milk</p>
<p>20 Hamburger (WW Bun, Beef Patty) Corn Peaches Milk</p>	<p>21 Baked Chicken Long Grain Brown Rice Roasted Butternut Squash Pears Milk</p>	<p>22 Pozole (Pork, Onion, hominy, seasonings) Shredded Monterey Jack Cheese Roasted Broccoli Bananas Corn Tortillas Milk</p>	<p>23</p> <p style="text-align: center;">Holiday</p> 	<p>24</p> <p style="text-align: center;">Holiday</p> 
<p>27 Salsa Bean Soup Shredded Monterey Jack & Cheddar Cheeses Cucumber Slices with Dip Sliced Peaches WW Saltine Crackers Milk</p>	<p>28 Beef Stroganoff WG noodles Green Bean Apple Slices Milk</p>	<p>29 Vegetable Lasagna WG Noodles Black Beans Salad (dark greens, shredded carrots & diced tomatoes) Apricot halves Milk</p>	<p>30 BBQ chicken strips Long Grain Brown Rice Steamed Carrots Pineapple Tidbits/chunks Milk</p>	