



# Umatilla-Morrow Early Head Start

# Lunch

## 24-36 months

### October 2017

UMCHS is an Equal Opportunity Employer.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Vegetable Lasagna Celery with Peanut butter Pears-diced French Bread Milk	3 Sub (Ham, Mozzarella Cheese on a Hoagie Bun) Sweet Potato Wedges Pineapple Tidbits Milk	4 Porcupine Meatballs (Gr. Turkey, Brown Rice, Whole Grain Roll) Broccoli-steamed or roasted Apricots, diced Milk <b>Walk and Bike to School Day</b>	5 Navy Bean Soup Roasted Butternut Squash Chopped Grapes WW Crackers Milk	6 Egg Salad Sandwich Tossed Salad (dark green lettuce, shredded carrots & diced tomatoes) Thinly sliced apples Milk
9 Roll-Ups (Turkey & Cheese in a WW Flour Tortilla) Italian Style Roasted Cauliflower Mandarin Oranges Milk	10 Homemade Chicken Nuggets Sweet Potatoes 'n' Pears Green Beans WW Rolls Milk	11 Spaghetti (Pasta, Gr. Beef, Sauce) Spinach Salad w/ Dressing Mixed Berries Garlic Bread Milk	12 Broccoli Cheddar Soup Cheese Stick Cucumber-sliced, peeled Apple Slices WG Crackers Milk	13  <b>Staff Meeting</b>
16 Macaroni and Cheese Lima Beans Carrots-steamed or roasted Pineapple tidbits Milk	17 Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) WW Flour Tortillas Peas <i>Sample:</i> Avocado Pears, diced Milk	18 Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Shredded Cheddar Cheese Cauliflower-steam or roast Peaches-diced Confetti Corn Muffins Milk	19 Meat Loaf Roasted Red Potatoes and Winter Squash Apricots WW Rolls Milk	20 Tuna Salad Sandwich Cabbage Slaw Chopped Red Grapes Milk
23 Italian Vegetable Beef Soup(Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Shredded Cheese WW Crackers Orane Slices Milk	24 Baked Chicken Roasted Brussels Sprouts- sliced Apples-peeled, sliced thin Soft Bread Sticks Milk	25 Scrambled Eggs Oven Roasted Red Potatoes Shredded Cheese Pears & Kiwi Flour Tortillas Milk	26 Dinner in a Pumpkin (Ground Beef, Brown Rice, Pumpkin, Mushrooms) Peaches - diced Yogurt Whole Grain Rolls Milk	27 Arroz Con Pollo (Rice with Chicken) Broccoli- steam or roast Mango, diced Milk
30 Pozole (Pork, Onion, hominy, seasonings) Shredded Monterey Jack Cheese Peas Pineapple Tidbits Corn Tortillas Milk	31 Beef Stroganoff Green Beans Mandarin Oranges Milk	<b>*For Dip, prepare Veggie Herb Dip, Spinach Dip, Yogurt Ranch Dip or Soy Ranch Dip</b>		<b>* Modify textures as needed</b>  <b>Children 24-36 mos receive 1%, plain milk;</b>  <b>WW=Whole Wheat WG=Whole Grain</b>