

# Umatilla-Morrow Early Head Start Lunch 8-23 months

October 2017

UMCHS is an Equal Opportunity Provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <b>8-11 mo.:</b> Breast Milk or Formula, Black Beans &amp; Carrots  <b>12-23 mo.:</b> Vegetable Lasagna                      Black Beans-mash                      Pears-diced                      French Bread                      Milk</p>	<p>3 <b>8-11 mo.:</b> Breast Milk or Formula, Ham &amp; Sweet Potatoes  <b>12-23 mo.:</b> Sub (Ham, Mozzarella Cheese on a Hoagie Bun-cut small)                      Sweet Potato Wedges-cut up                      Crushed Pineapple                      Milk</p>	<p>4 <b>8-11 mo.:</b> Breast Milk or Formula, Gr. Turkey &amp; Broccoli  <b>12-23 mo.:</b> Porcupine Meatballs (Gr. Turkey, Brown Rice, Whole Grain Roll)                      Broccoli-steamed or roasted                      Apricots-diced                      Milk</p>	<p>5 <b>8-11 mo.:</b> Breast Milk or Formula, Beans &amp; Pureed Squash  <b>12-23 mo.:</b> Navy Bean Soup                      Roasted Butternut Squash                      Chopped Grapes                      Saltine Crackers                      Milk</p>	<p>6 <b>8-11 mo.:</b> Breast Milk or Formula, Hard Boiled egg &amp; Carrots  <b>12-23 mo.:</b> Egg Salad Sandwich                      Cooked Carrots                      Diced Tomatoes                      Apples, peeled &amp; thinly sliced                      Milk</p>
<p>9 <b>8-11 mo.:</b> Breast Milk or Formula, Turkey &amp; Cauliflower  <b>12-23 mo.:</b> Roll-Ups (Turkey &amp; Cheese in a WW Flour Tortilla)                      Roasted Cauliflower                      Mandarin Oranges                      Milk</p>	<p>10 <b>8-11 mo.:</b> Breast Milk or Formula, Chicken &amp; Sweet Potatoes  <b>12-23 mo.:</b> Homemade Chicken Nuggets                      Sweet Potatoes 'n' Pears                      Green Beans                      WW Rolls                      Milk</p>	<p>11 <b>8-11 mo.:</b> Breast Milk or Formula, Gr. Beef &amp; Spinach  <b>12-23 mo.:</b> Spaghetti (Pasta, Gr. Beef, Sauce)                      Spinach Sauté                      Mixed Berries                      Garlic Bread                      Milk</p>	<p>12 <b>8-11 mo.:</b> Breast Milk or Formula, Beans &amp; Peas  <b>12-23 mo.:</b> Broccoli Cheddar Soup                      Shredded Cheese                      Cucumbers, peeled &amp; thinly sliced                      Thinly sliced apples                      Saltine Crackers Milk</p>	<p>13</p>  <p><b>Staff Meeting</b></p>
<p>16 <b>8-11 mo.:</b> Breast Milk or Formula, Lima Beans &amp; Carrots  <b>12-23 mo.:</b> Mac and Cheese                      Lima Beans-mash or chop (Sample: Edamame mashed)                      Carrots-steamed or roasted                      Pineapple tidbits                      Milk</p>	<p>17 <b>8-11 mo.:</b> Breast Milk or Formula, Chicken &amp; Peas  <b>12-23 mo.:</b> Chicken Fajitas (Seasoned Chicken, Red &amp; Green Peppers &amp; Mild Onions-all diced)                      WW Flour Tortillas                      Peas – <b>Sample:</b> Avocado                      Pears, diced Milk</p>	<p>18 <b>8-11 mo.:</b> Breast Milk or Formula, Beans &amp;Cauliflower  <b>12-23 mo.:</b> Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper)                      Shredded Cheddar Cheese                      Cauliflower-steam or roast                      Peaches-diced                      Confetti Corn Muffins Milk</p>	<p>19 <b>8-11 mo.:</b> Breast Milk or Formula, Gr Beef, Pureed squash  <b>12-23 mo.:</b> Meat Loaf                      Roasted Red Potatoes &amp; Winter Squash (diced or mashed)                      Apricots, diced                      WW Rolls Milk</p>	<p>20 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; steamed shredded cabbage  <b>12-23 mo.:</b> Tuna Sandwich                      Cabbage Slaw (finely shredded)                      Chopped Red Grapes                      Milk</p>
<p>23 <b>8-11 mo.:</b> Breast Milk or Formula, Gr. Beef &amp; Pureed Green Beans  <b>12-23 mo.:</b> Italian Vegetable Beef Soup(Beef, Kidney Beans (mash) Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans), Shredded Cheese, Saltine Crackers                      Oranges, thinly sliced Milk</p>	<p>24 <b>8-11 mo.:</b> Breast Milk or Formula, Chicken &amp; Green Beans  <b>12-23 mo.:</b> Baked Chicken                      Roasted Brussels Sprouts-sliced                      Apples, peeled &amp; thinly sliced                      Soft Bread Sticks                      Milk</p>	<p>25 <b>8-11 mo.:</b> Breast Milk or Formula, Scrambled Eggs &amp; Potatoes  <b>12-23 mo.:</b> Scrambled Eggs                      Oven Roasted Red Potatoes                      Shredded Cheese                      Pears &amp; Kiwi, diced                      Flour Tortillas                      Milk</p>	<p>26 <b>8-11 mo.:</b> Breast Milk or Formula, Gr. Beef &amp; Pumpkin/Squash  <b>12-23 mo.:</b> Dinner in a Pumpkin (Ground Beef, Brown Rice, Pumpkin, Mushrooms)                      Peaches - diced                      Yogurt                      Whole Grain Rolls Milk</p>	<p>27 <b>8-11 mo.:</b> Breast Milk or Formula, Chicken &amp; Broccoli  <b>12-23 mo.:</b> Arroz Con Pollo (Rice with Chicken)                      Broccoli- steam or roast                      Mango                      Milk</p>
<p>30 <b>8-11 mo.:</b> Breast Milk or Formula, Pork &amp; Peas  <b>12-23 mo.:</b> Pozole (Pork, Onion, hominy, seasonings)                      Shredded Monterey Jack Cheese                      Peas                      Crushed Pineapple                      Corn Tortillas                      Milk</p>	<p>31 <b>8-11 mo.:</b> Breast Milk or Formula, Gr beef, pureed green beans  <b>12-23 mo.:</b> Beef Stroganoff                      Green Beans                      Mandarin Oranges                      Milk</p>	<p><b>*12-23 months get whole milk</b>  <b>*** 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</b></p>		<p><b>** Children 12-23 months receive whole, plain milk</b></p> <p><b>WW=Whole Wheat</b>  <b>WG=Whole Grain</b></p>