



Lunch

Umatilla-Morrow Head Start

September 2017

Echo Center

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>UMCHS is an Equal Opportunity Provider.</p>			1
<p>4</p> <p>Holiday</p>	<p>5 Whole Grain Bean & Cheese Burrito Green Salad Applesauce Milk</p>	<p>6 Ham & Cheese Sandwich on Whole Grain Bread Lettuce & Tomato Oranges Milk</p>	<p>7 Crispy Chicken Sandwich on Whole Grain Bun Potato Salad Peaches Milk</p>	<p>8 Ham & Cheese Bagel Sandwich Broccoli Apple Slices Milk</p>
<p>11 Ravioli Cheese filled Whole Grain Breadstick Broccoli Pears Milk</p>	<p>12 Mashed Potato & Chicken Bowl Whole Grain Roll Corn Oranges Milk</p>	<p>13 Chicken Noodle Casserole Peas Peaches Milk</p>	<p>14 Classic Cheeseburger Tomatoes Pickles Melon Milk</p>	15
<p>18 Queso Mac Green Beans Applesauce Milk</p>	<p>19 Orange Chicken on Brown Rice Bowl Green Salad Oranges Milk</p>	<p>20 Turkey & Ham Bagel Sandwich Carrot Sticks Pears Milk</p>	<p>21 Chicken Nuggets Baked French Fries Broccoli Sliced Apples Milk</p>	22
<p>25 Chicken Fried Brown Rice Vegetable Egg Roll Pineapple Fortune Cookie Milk</p>	<p>26 Chili & Cheese Whole Grain Crackers Cucumbers Melon Milk</p>	<p>27 Chef Salad with Ham & Turkey Carrot Sticks Oranges Milk</p>	<p>28 Hawaiian Pizza on Whole Grain Crust Tomatoes Applesauce Milk</p>	29