

# Lunch

# Umatilla-Morrow Head Start

January 2018

UMCHS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <b>Holiday</b></p> 	<p>2 Salsa Bean Soup Shredded Monterey Jack &amp; Cheddar Cheeses Cucumber Slices with Dip Apple slices Saltine Crackers Milk</p>	<p>3 Hawaiian Sub (Ham, Mozzarella Cheese &amp; Pineapple rings on a Hoagie Bun) Sweet Potato Wedges Pineapple Milk</p>	<p>4 Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Cauliflower &amp; Celery Peaches Cornbread w/ butter Milk</p>	<p>5 Egg Salad Sandwich Tossed Salad (dark green lettuce, shredded carrots &amp; tomatoes) Chopped Red Grapes Milk</p>
<p>8 Porcupine Meatballs (Gr. Turkey, Brown Rice, Whole Grain Roll) Roasted Butternut Squash Mandarin Oranges Milk</p>	<p>9 Roll-Ups (Turkey &amp; Cheese in a Flour Tortilla) Italian Style Roasted Cauliflower Peaches Milk</p>	<p>10 Baked Chicken Brussels Sprouts Apple Slices Soft Bread Sticks Milk</p>	<p>11 Navy Bean Soup Broccoli Chopped Grapes WW Crackers Milk</p>	<p>12 Red Beans with Brown Rice Carrots Applesauce Milk</p>
<p>15 <b>Holiday</b></p>	<p>16 Macaroni and Cheese Lima Beans Celery with peanut butter or sun butter Pears &amp; Kiwi Milk</p>	<p>17 Chicken Fajitas (Seasoned Chicken, Red &amp; Green Peppers &amp; Mild Onions) WW Flour Tortillas Cauliflower, roasted Pineapple Milk</p>	<p>18 Meat Loaf Roasted Red Potatoes and Winter Squash Apricots WW Roll Milk</p>	<p>19 Tuna Noodle Casserole Peas Chopped Red Grapes Milk</p>
<p>22 Italian Vegetable Beef Soup (Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Cheese Sticks Saltine Crackers Banana Milk</p>	<p>23 Arroz Con Pollo (Rice with Chicken) Broccoli Sample: Jicama sticks Mango Milk</p>	<p>24 Spaghetti (Pasta, Gr. Beef, Sauce) Spinach Salad w/ Dressing Pears WW Soft Breadsticks Milk</p>	<p>25 Homemade Chicken Nuggets Corn Peaches WW Rolls Milk</p>	<p>26 Scrambled Eggs Oven Roasted Red Potatoes Applesauce Flour Tortillas Milk</p>
<p>29 Vegetable Lasagna Celery with Peanut Butter Pears French Bread Milk</p>	<p>30 Pozole (Pork, Onion, hominy, seasonings) Shredded Monterey Jack Cheese Sliced Radishes &amp; Shredded Cabbage Lime Wedges Pineapple Corn Tortillas Milk</p>	<p>31 Red Beans with Brown Rice Broccoli with Dip Peaches Milk</p>	<p><b>All Milk served is plain, 1 % milk for 24 mos. + Children 12-23 mos. Receive whole Milk</b></p> <p><b>WW = Whole Wheat WG = Whole Grain</b></p>	<p><b>Yogurts served include: Yoplait Low Fat-Plain, Vanilla, Peach, Strawberry; Yami Low Fat Plain, Vanilla, Strawberry or Peach; Tillamook Low Fat Plain, Strawberry, Vanilla; Lucerne Light Non-Fat Vanilla, Fat Free Plain or Greek Plain; Mountain High Low Fat Vanilla or Low Fat Plain; Great Value Light, Non-Fat, or Plain</b></p>