

Umatilla-Morrow Early Head Start Lunch
24-36 months

January 2018

UMCHS is an Equal Opportunity Provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Holiday</p> 	<p>2 Salsa Bean Soup Shredded Monterey Jack & Cheddar Cheeses Cucumber-diced, peeled Apple Slices WW Saltine Crackers Milk</p>	<p>3 Sub (Ham, Mozzarella Cheese on a Hoagie Bun) Sweet Potato Wedges Pineapple Tidbits Milk</p>	<p>4 Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Cauliflower-steamed or roasted Peaches Cornbread w/ butter Milk</p>	<p>5 Egg Salad Sandwich Tossed Salad (dark green lettuce, shredded carrots & diced 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 & Cheese in a WW Flour Tortilla) Italian Style Roasted Cauliflower Peaches, diced Milk</p>	<p>10 Baked Chicken Roasted Brussels Sprouts-sliced Apples-peeled, sliced thin Soft Bread Sticks Milk</p>	<p>11 Navy Bean Soup Broccoli-steamed or roasted Chopped Grapes WW Crackers Milk</p>	<p>12 Red Beans and Brown Rice Carrots Applesauce Milk</p>
<p>15 Holiday</p>	<p>16 Macaroni and Cheese Lima Beans Broccoli-steamed or roasted Pears & Kiwi, diced Milk</p>	<p>17 Chicken Fajitas (Seasoned Chicken, Red & Green Peppers & Mild Onions) WW Flour Tortillas Cauliflower, steamed Pineapple Tidbits Milk</p>	<p>18 Meat Loaf Roasted Red Potatoes and Winter Squash Apricots, diced WW Rolls 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) Shredded Cheese Saltine Crackers Bananas Milk</p>	<p>23 Arroz Con Pollo (Rice with Chicken) Broccoli- steam or roast Sample – Jicama sticks Mango, diced Milk</p>	<p>24 Spaghetti (Pasta, Gr. Beef, Sauce) Spinach Sauté Pears 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 Black Beans Cauliflower, steamed Pears-diced French Bread Milk</p>	<p>30 Pozole (Pork, Onion, hominy, seasonings) Shredded Monterey Jack Cheese Peas Pineapple Tidbits Corn Tortillas Milk</p>	<p>31 Red Beans and Brown Rice Broccoli, steamed Peaches, diced Milk</p>	<p>** Modify textures as needed</p>	<p>All Milk served is plain, 1 % milk for 24 mos. + Children 12-23 mos. Receive whole Milk</p> <p>WW = Whole Wheat WG = Whole Grain</p>