


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

January 2018

UMCHS is an Equal Opportunity Provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <b>Holiday</b></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>2 <b>8-11 mo.:</b> Breast Milk or Formula, Beans &amp; Peas <b>12-23 mo.:</b> Salsa Bean Soup Shredded Monterey Jack &amp; Cheddar Cheeses Peas Thinly sliced apples WW Saltine Crackers Milk</p>	<p>3 <b>8-11 mo.:</b> Breast Milk or Formula, Ham &amp; Sweet Potatoes, mashed <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, Beans &amp; Cauliflower <b>12-23 mo.:</b> Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Cauliflower-steamed Peaches Cornbread w/ butter Milk</p>	<p>5 <b>8-11 mo.:</b> Breast Milk or Formula, Egg Yolks &amp; Carrots <b>12-23 mo.:</b> Egg Salad Sandwich on WW Bread Cooked Carrots Cauliflower-steamed Chopped Red Grapes Milk</p>
<p>8 <b>8-11 mo.:</b> Breast Milk or Formula, Gr. Turkey &amp; Squash <b>12-23 mo.:</b> Porcupine Meatballs (Gr. Turkey, Brown Rice, Whole Grain Roll) Roasted butternut squash Mandarin Oranges 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 Peaches, diced Milk</p>	<p>10 <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>11 <b>8-11 mo.:</b> Breast Milk or Formula, Beans &amp; Broccoli <b>12-23 mo.:</b> Navy Bean Soup Broccoli-steamed or roasted Chopped Grapes Saltine Crackers Milk</p>	<p>12 <b>8-11 mo.:</b> Breast Milk or Formula, Beans, carrots <b>12-23 mo.:</b> Red Beans and Brown Rice Carrots, steamed Applesauce Milk</p>
<p>15 <b>Holiday</b></p> 	<p>16 <b>8-11 mo.:</b> Breast Milk or Formula, Lima Beans &amp; Broccoli <b>12-23 mo.:</b> Mac and Cheese Lima Beans-mash or chop Broccoli-steamed or roasted Pears &amp; Kiwi-diced 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 Cauliflower, steamed Crushed Pineapple Milk</p>	<p>18 <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>19 <b>8-11 mo.:</b> Breast Milk or Formula, Infant Cereal &amp; Peas <b>12-23 mo.:</b> Tuna Noodle Casserole Peas Chopped Red Grapes Milk</p>
<p>22 <b>8-11 mo.:</b> Breast Milk or Formula, Gr. Beef &amp; Carrots <b>12-23 mo.:</b> Italian Vegetable Beef Soup(Beef, Kidney Beans (mash) Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Shredded Cheese Saltine Crackers Bananas Milk</p>	<p>23 <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 Sample: Jicama sticks, thinly sliced Mango, Diced Milk</p>	<p>24 <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 Pears, diced Soft Breadsticks Milk</p>	<p>25 <b>8-11 mo.:</b> Breast Milk or Formula, Chicken &amp; Peas <b>12-23 mo.:</b> Homemade Chicken Nuggets Corn Peaches, diced WW Rolls Milk</p>	<p>26 <b>8-11 mo.:</b> Breast Milk or Formula, Egg Yolks &amp; Potatoes <b>12-23 mo.:</b> Scrambled Eggs Oven Roasted Red Potatoes Applesauce WW Flour Tortillas Milk</p>
<p>29 <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>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, Mashed Beans &amp; Broccoli <b>12-23 mo.:</b> Red Beans &amp; Rice Broccoli, steamed Peaches, diced Milk</p>	<p><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 * Modify textures as needed</b></p>	<p><b>**For 8-11 month olds, meats should be plain and ground, in small tender pieces or pureed; mash cooked egg yolk with formula, breast milk or water</b></p>