





Umatilla-Morrow Early Head Start Lunch
24-36 months

November 2017

UMCCHS is an Equal Opportunity Provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p> WW = Whole Wheat WG = Whole Grain Milk served is 1% plain milk </p> <p> * Modify textures as needed </p>		<p> 1 Sloppy Mikes (Ground Turkey, Tomatoes, Corn, WW Buns) Cheese sticks Roasted Sweet Potatoes Pineapple Tidbits Milk </p>	<p> 2 Broccoli Cheddar Soup Apples-peeled, sliced thin Peanut Butter Honey Yogurt Dip WW Roll Milk </p>	<p> 3 Pasta Bow Ties w/ Tomatoes & Ground Beef Spinach Salad Chopped Grapes Milk </p>
<p> 6 Pizza (Cheese, Diced Ham, Onions, Tomato Sauce, Crust) Tossed Salad (dark green lettuce, diced tomatoes & shredded carrots) Apricots, diced Milk </p>	<p> 7 Italian Vegetable Beef Soup(Beef, Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) Shredded Cheese WW Saltine Crackers Oranges, thinly sliced Milk </p>	<p> 8 Burritos (Pinto Beans and Cheese in a Flour Tortilla) Steamed Carrots Pineapple Tidbits Milk </p>	<p> 9 Roast Turkey Stuffing (Bread cubes & seasonings) Sweet Potatoes & Pears Peaches, diced Milk <i>Sample: Fresh Cranberries see recipe</i> </p>	<p> 10 Holiday  </p>
<p> 13 Tacos (Ground Beef, Shredded Cheese, WW Flour Tortilla) Dark Green Lettuce, Mild Onions, Tomatoes & Olives Peaches Milk </p>	<p> 14 Vegetarian Chili (Beans, Onions, Tomatoes, Garlic, Bell Pepper) Shredded Cheese Cauliflower –steam/rstd Apricots, diced Cornbread w/ butter/marg. Milk </p>	<p> 15 Arroz Con Pollo (Brown Rice with Chicken) Baked Butternut Squash Apples-peeled, sliced thin Milk </p>	<p> 16 Light Chicken Alfredo (Chicken, WG Pasta, Parmesan Cheese) Peas Crushed Pineapple Milk </p>	<p> 17 Egg Salad Sandwich on WW Bread Sautéed Spinach Tomatoes, diced Thin Orange Slices Milk </p>
<p> 20 Hamburger (WW Bun, Beef Patty) Broccoli-steamed or roasted Peaches, diced Milk </p>	<p> 21 Baked Chicken Long Grain Brown Rice Roasted Butternut Squash Pears, diced Milk </p>	<p> 22 Pozole (Pork, Onion, hominy, seasonings) Shredded Monterey Jack Cheese Peas Bananas Corn Tortillas Milk </p>	<p> 23 Holiday  </p>	<p> 24 Holiday  </p>
<p> 27 Salsa Bean Soup Shredded Monterey Jack & Cheddar Cheeses Cucumber-diced, peeled Sliced Peaches WW Saltine Crackers Milk </p>	<p> 28 Beef Stroganoff WG Noodles Green Beans Apples very thinly sliced Milk </p>	<p> 29 Vegetable Lasagna WG Noodles Salad (dark greens, shredded carrots & diced tomatoes) Apricots, diced Milk </p>	<p> 30 BBQ Chicken Strips Long Grain Brown Rice Steamed Carrots Crushed Pineapple Milk </p>	