


Umatilla-Morrow Early Head Start Lunch
24-36 months

September 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
		UMCHS is an Equal Opportunity Provider.	* Modify textures as needed WW = Whole Wheat WG = Whole Grain	All milk served to children 12-23 months is whole, plain milk. All milk served to 2 yrs. + is 1%, plain milk	1 Baked Chicken with BBQ sauce 1 oz. M/ma Carrots-steamed 1/8 cup Honey dew, diced 1/8 cup WW Roll ½ roll .5 oz. Milk ½ cup
4	Holiday	5 Baked Ham Slice 1 oz. Sesame Seed Green Beans 1/8 cup Apples-peeled, sliced thin 1/8 cup WG Roll ½ roll .5 oz. Milk ½ cup	6 Hamburger (Gr. Beef Patty 1 oz. on a WG Bun ¼ bun .25 oz.) Diced Tomatoes & Thinly Sliced Cucumbers-peeled 1/8 cup combined Chopped Grapes 1/8 cup Milk ½ cup	7 Bean and Cheese Burrito (1/8 c Mashed Pinto Beans & ¼ oz. Cheese in .25 oz. WW Flour Tortilla) Cauliflower, steamed or roasted 1/8 cup Cantaloupe & diced 1/8 c Milk ½ cup	8 Tuna Salad Sandwich 1/8 c on .25 oz. WW Bread Cheese Stick ¼ stick ¼ oz. Tossed Salad (dark green lettuce, shredded carrots & diced tomatoes) ¼ cup Nectarine-ripe, diced 1/8 c Milk ½ cup
	11 Broccoli Cheddar Soup ½ cup (1/4 c beans & 1/8 c broccoli/onion) Peanut Butter Roll Up 1 Tbsp. on 1/3 tortilla Carrots-steamed or roasted 1/8 cup Apples-peeled, sliced thin 1/8 cup Milk ½ cup	12 Submarine Sandwich (Ham .5 oz., Swiss & American Cheeses .5 oz. combined on an enriched Hoagie Bun, .25 oz.) Broccoli-steamed or roasted 1/8 cup Watermelon-diced 1/8 cup Milk ½ cup	13 Chicken Taco Salad (Seasoned Chicken, Beans, Shredded Cheese, 1 oz. combined Lettuce & Diced Tomato 1/8 cup Diced Olives, Dressing) Corn Bread w/ butter .5 oz. Diced Pears 1/8 cup Milk ½ cup	14 Macaroni and Cheese ½ cup provides ¼ cup grain and 1 oz. m/ma Chopped Red Grapes 1/8 cup Peas 1/8 cup Milk ½ cup	15 Roll-Ups (Turkey & Cheese in a WW Flour Tortilla) .5 oz. turkey & .5 oz. cheese on .5 oz. tortilla Tossed Salad (dark green lettuce, shredded carrots & diced tomatoes) 1/8 cup Crushed Pineapple 1/8 cup Milk ½ cup
	18 Easy Homemade Baked Chicken Nuggets 1 oz. Whole Grain Roll .5 oz. Sweet Corn 1/8 cup Sample: steamed cabbage Cantaloupe-ripe, diced 1/8 cup Milk ½ cup	19 English Muffin Pizza w/ tomato sauce, cheese, gr. beef & olives ½ muffin, 1 oz. beef/cheese Tossed Salad (dark green lettuce, shredded carrots & diced tomatoes) 1/8 cup Peaches 1/8 c Milk ½ c	20 Baked Chicken with Teriyaki Sauce 1 oz. m/ma Diced Bell Pepper and Pineapple Fried Rice ¼ cup grain, 1/8 cup pepper Oranges-sliced thin or Mandarin 1/8 cup Milk ½ cup	21 Italian Vegetable Beef Soup (Beef, Kidney Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans) ½ c = .5 oz. m/ma, 1/8 cup vegetables Shredded Cheese .5 oz. Saltine Crackers (4) Pears 1/8 c Milk ½ c	22 Scrambled Eggs 1 oz. m/ma Oven Baked Red Potatoes 1/8 cup Diced Tomatoes, Sweet Onion & Cilantro 1/8 cup Whole Grain Tortillas .5 oz. Milk ½ cup
	25 Salsa Bean Soup ½ c = 1 oz. m/ma Shredded Monterey Jack & Cheddar Cheeses ¼ oz. m/ma Carrots-steamed/roasted 1/8 cup Saltine Crackers (4) Pears & Kiwi 1/8 cup Milk ½ cup	26 Chef Salad (Romaine Lettuce, Diced Turkey, Ham & Hard Cooked Eggs, Diced Tomatoes, Shredded Carrots, Dressing) ½ cup=1 oz. m/ma, ¼ cup veg. French Bread .5 oz. Peaches, diced 1/8 cup Milk ½ cup	27 Arroz Con Pollo (Rice with Chicken) ½ c = 1 oz. m/ma & ¼ cup grain Green Beans 1/8 cup Cantaloupe, diced 1/8 cup Milk ½ cup	28 Spaghetti (Pasta, Tomato Sauce, Gr. Beef) ½ cup = 1 oz. m/ma, ¼ cup grain Thinly Sliced Cucumbers-peeled 1/8 cup Fresh Pears-ripe & soft 1/8 cup Milk ½ cup	29 Hamburger on WW Bun 1 oz. m/ma, .5oz. grain Spinach Salad with shredded carrots & diced tomatoes 1/8 cup Fresh Plums, diced 1/8 cup Milk ½ cup