


# Umatilla-Morrow Early Head Start Lunch

## 8-23 months

### September 2017

UMCHS is an Equal Opportunity Provider.

Modify Textures as Needed

	Monday	Tuesday	Wednesday	Thursday	Friday
		<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.</b>	<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</b> <b>Whole Milk for 12-23</b>	<b>All milk for 12-23 months is whole, plain milk.</b>  <b>WW = Whole Wheat</b> <b>WG = Whole Grain</b>  <b>T=Tablespoon</b> <b>T=teaspoon</b>	<b>1 8-11 mo.:</b> Breast Milk or Formula 4-6 oz., Chicken 0-4 T & Pureed Carrots 0-2 T. <b>12-23 mo.:</b> Baked Chicken 1 oz. w/ BBQ Sauce Carrots, steamed 1/8 c Honey Dew, diced 1/8 c WW Roll ¼ roll .25 oz. Milk ½ cup
4 <b>Holiday</b>		<b>5 8-11 mo.:</b> Breast Milk or Formula 4-6 oz. , Ham 0-4T & Pureed Green Beans 0-2 T <b>12-23 mo.:</b> Diced Ham 1 oz. Green Beans 1/8 cup Applesauce 1/88 cup WG Roll ¼ roll .25 oz. Milk ½ cup	<b>6 8-11 mo.:</b> Breast Milk or Formula 4-6 oz., Gr. Beef 0-4 T & Pureed Peas 0-2 T <b>12-23 mo.:</b> Hamburger (Gr. Beef Patty 1 oz. on a WG Bun ¼ bun) Diced Tomatoes Peas 1/8 cup Chopped Green Grapes 1/8 c Milk ½ cup	<b>7 8-11 mo.:</b> Breast Milk or Formula 4-6 oz., Beans 0-4 T & Pureed Cauliflower 0-2 T <b>12-23 mo.:</b> Bean & Cheese Burrito (Pinto Beans 1/8 & Cheese. 5 oz., in a WW Tortilla) Cauliflower-steamed or roasted 1/8 cup Cantaloupe diced 1/8 c Milk ½ c	<b>8 8-11 mo.:</b> Breast Milk or Formula 4-6 oz., Infant Cereal 0-4 T & Pureed Carrots 0-2 T <b>12-23 mo.:</b> Tuna Salad 1/4 c on WW Bread ½ slice Cooked Carrots 1/8 c Nectarine-ripe, diced 1/8 c Milk ½ c
	<b>11 8-11 mo.:</b> Breast Milk or Formula 4-6 oz., Scrambled Egg 4 T, Pureed Carrot 0-2 T <b>12-23 mo.:</b> Broccoli Cheddar Soup ½ c (1/4 c beans + broc) Peanut Butter Roll up 1 T on WW Tortilla Carrots-steamed/roasted 1/8 c Applesauce 1/8 c Milk ½ cup	<b>12 8-11 mo.:</b> Breast Milk or Formula 4-6 oz., Ham 0-4 T & Pureed Broccoli 0-2 T <b>12-23 mo.:</b> Sub sandwich (Ham .5 oz., Swiss & American Cheeses .5 oz. on a Hoagie Bun 1/4) Broccoli-stmd/roasted 1/8 c Watermelon-diced 1/8 c Milk 1/2 cup	<b>13 8-11 mo.:</b> Breast Milk or Formula 4-6 oz., Chicken 0-4 T & Mashed Beans 0-2 T <b>12-23 mo.:</b> Chicken .75 oz. Kidney Beans 1/8 cup Shredded Cheese .25 oz. Diced Olives & Tomatoes Corn Bread w/ butter .25 oz. Pears 1/8 cup Milk ½ cup	<b>14 8-11 mo.:</b> Breast Milk or Formula 4-6 oz., Infant Cereal 0-4 T & Pureed Peas 0-2 T <b>12-23 mo.:</b> Macaroni and Cheese ½ c = 1 oz. M/MA & .5 oz. grain Chopped Red Grapes 1/8 c Peas 1/8 c Milk ½ cup	<b>15 8-11 mo.:</b> Breast Milk or Formula 4-6 oz., Turkey 0-4 T & Pureed Carrots 0-2 T <b>12-23 mo.:</b> Turkey .5 oz. & Cheese .5 oz. Roll up in a WW Flour Tortilla .25 oz.) Cooked Carrots Diced Tomatoes 1/8 c comb. Crushed Pineapple 1/8 cup Milk ½ cup
	<b>18 8-11 mo.:</b> Breast Milk or Formula 4-6 oz., Chicken 0-4 T & Pureed Gr Beans 0-2 T <b>12-23 mo.:</b> Homemade Baked Chicken Nuggets 1 oz. Whole Grain Roll ¼ roll Green Beans 1/8 cup <b>Sample:</b> steamed cabbage Cantaloupe, diced 1/8 c Milk 1/2 cup	<b>19 8-11 mo.:</b> Breast Milk or Formula 4-6 oz., Gr. Beef 0-4 T & Pureed Carrots 0-2 T <b>12-23 mo.:</b> WW Eng. Muffin Pizza ¼ muffin, w/ tomato sauce, cheese .25 oz., gr. Beef .75 oz. & olives Cooked Carrots & Diced Tomatoes 1/8 cup comb. Peaches 1/8 cup Milk ½ cup	<b>20 8-11 mo.:</b> Breast Milk or Formula 4-6 oz., Chicken 0-4 T & Peas 0-2 T. <b>12-23 mo.:</b> Baked Chicken 1 oz. w/ Teriyaki Sauce Diced Bell Pepper & Crushed Pineapple Fried Rice ¼ c = 1/8 c veg, .5 oz. grain Mandarin Oranges 1/8 c Milk ½ cup	<b>21 8-11 mo.:</b> Breast Milk or Formula 4-6 oz., Beef 0-4 T & Pureed Green Beans 0-2 T <b>12-23 mo.:</b> Italian Vegetable Beef Soup(Beef, Beans, Corn, Carrots, Cabbage, Tomatoes, Onions, Gr Beans) 2/3 c=1 oz. m/ma, 1/8 cup veg; Shd Cheese .25 oz. Crackers (4) Pears 1/8 cup Milk ½ cup	<b>22 8-11 mo.:</b> Breast Milk or Formula 4-6 oz., Scrambled Egg 0-4 T & Potato 0-2 T <b>12-23 mo.:</b> Scrambled Eggs 1.5 oz. Oven Baked Red Potatoes Diced Tomatoes, Sweet Onion & Cilantro 1/8 c combined Whole Grain Tortillas .25 oz. Milk ½ cup
	<b>25 8-11 mo.:</b> Breast Milk or Formula 4-6 oz., Beans 0-4 T & Pureed Carrots 0-2 T <b>12-23 mo.:</b> Salsa Bean Soup Shredded Monterey Jack & Cheddar Cheeses 1/3 c = 1 oz. m/ma Carrots steamed/ roasted 1/8 c <b>WW</b> Crackers (2) Pears & Kiwi, diced 1/8 c Milk ½ cup	<b>26 8-11 mo.:</b> Breast Milk or Formula 4-6 oz., Turkey 0-4 T & Pureed Cauliflower 0-2 T <b>12-23 mo.:</b> Diced Turkey, Ham & Hard Cooked Eggs, 1 oz. Diced Tomatoes & Cooked Cauliflower 1/8 cup combined French Bread .25 oz. Peaches 1/8 cup Milk ½ cup	<b>27 8-11 mo.:</b> Breast Milk or Formula 4-6 oz., Chicken 0-4 T & Pureed Gr Beans 0-2 T <b>12-23 mo.:</b> Arroz Con Pollo (Rice with Chicken) 1/3 c=1 oz. m/ma, .5 oz grain; Green Beans 1/8 cup Cantaloupe-ripe, diced 1/8 cup Milk ½ cup	<b>28 8-11 mo.:</b> Breast Milk or Formula 4-6 oz., Gr. Beef 0-4 T & Pureed Peas 0-2 T <b>12-23 mo.:</b> Spaghetti (Pasta, Tomato Sauce, Gr. Beef) ½ cup=1 oz. m/ma, .5 oz. grain Peas 1/8 cup Fresh Pears-ripe & soft 1/8 cup Milk ½ cup	<b>29 8-11 mo.:</b> Breast Milk or Formula 4-6 oz., Gr. Beef 0-4 T & Pureed Spinach 0-2 T <b>12-23 mo.:</b> Hamburger 1 oz. on WW Bun .25 oz. Spinach Sauté 1/8 cup Fresh Plums-ripe, diced 1/8 cup Milk ½ cup