



Lunch

Umatilla-Morrow Head Start

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	UMCHS is an Equal Opportunity Provider.		All Milk served is plain, 1 % milk. WW = Whole Wheat WG = Whole Grain	1
4 Holiday	5 Baked Ham Slices 1.5 oz. Sesame Seed Green Beans ¼ cup Apple Slices ¼ cup Whole Grain Roll .5 oz. Milk ¾ cup	6 Hamburger (Gr. Beef Patty on a Whole Grain Bun) 1.5 oz. M, 1 oz. WG Bun Sliced Tomatoes 1/8 cup Cucumber Slices 1/8 cup Chopped Gr Grapes ¼ cup Milk ¾ cup	7 Bean and Cheese Burrito ¼ cup beans, ½ oz. cheese in .5 oz. WW Tortilla Cauliflower, steamed or roasted ¼ cup Cantaloupe-ripe & diced ¼ cup Milk ¾ cup	8 Tuna Salad Sandwich ¼ cup filling on .5 oz. WW Bread – ½ sandwich Cheese stick .5 oz Tossed Salad (dark green lettuce, carrots & tomatoes) ¼ cup salad Nectarine Slices ¼ cup Milk ¾ cup
11 Broccoli Cheddar Soup ¾ cup (1/4 cup beans, 1/8 cup broccoli/onion) Peanut Butter Roll Up (1 Tbsp. PB, on ½ WW tortilla) Carrot Sticks 1/8 cup Apple Slices ¼ cup Milk ¾ cup	12 Submarine Sandwich (Ham 1 oz., Swiss & Cheddar Cheeses .5 oz. & Dark Green Lettuce on a Whole Wheat Bun ½ bun) Broccoli with Dip 1/4 cup vegetable Watermelon 1/4 cup Milk ¾ cup	13 Chicken Taco Salad (Seasoned Chicken .5 oz., Beans 1/8 cup-.5 oz., Shredded Cheese .5 oz., Lettuce & Diced Tomato, Diced ¼ cup, Olives, Dressing) Corn Bread w/ butter 1 oz. Pears ¼ cup Milk ¾ cup	14 WW Macaroni and Cheese ¾ cup includes 1.5oz cheese & 1 oz. grain Lima Beans ¼ cup Chopped Red Grapes ¼ cup Peas ¼ cup Milk ¾ cup	15 Roll-Ups (Turkey & Cheese in a WW Flour Tortilla) ½ of roll-up provides 1 oz. meat/.5 oz. MA & .5 oz. bread/grain Tossed Salad (dark green lettuce, carrots & tomatoes) 1/3 cup Pineapple ¼ cup Milk ¾ cup
18 Easy Homemade Baked Chicken Nuggets 1.5 oz. Whole Grain Roll .5 oz. Sweet Corn ¼ cup Sample: steamed cabbage Cantaloupe ¼ cup Milk ¾ cup	19 English Muffin Pizza (1 oz. WW EM, cheese .5 oz., gr. Beef 1 oz. & olives Tossed Salad (dark green lettuce, carrots & tomatoes) ¼ cup Peaches ¼ cup Milk ¾ cup	20 Baked Chicken w/ Teriyaki Sauce 1.5 oz. Chicken Bell Pepper and Pineapple Fried Rice ½ cup serving includes ¼ c f&v, ¼ WG brown rice Orange Slices ¼ cup Milk ¾ cup	21 Italian Vegetable Beef Soup 1 cup(Beef, Kidney Beans 1.5 oz., Corn, Carrots, Cabbage, Tomatoes, Onions, Green Beans 1/3 cup) Cheese Sticks 1 oz. Saltine Crackers (5) .5 oz. Pears ¼ c Milk ¾ c	22 Scrambled Eggs 1.5 oz. Oven Baked Red Potatoes 1/8 cup Diced Tomatoes, Sweet Onion & Cilantro 1/8 cup Banana ¼ cup – 1/3 banana Whole Grain Tortillas .5 oz. Milk ¾ cup
25 Salsa Bean Soup ¾ cup soup includes 1.95 oz. MA Shredded Monterey Jack & Cheddar Cheeses (garnish) Carrots ¼ cup Saltine Crackers (5) .5 oz. Pears & Kiwi ¼ cup Milk ¾ cup	26 Chef Salad (Romaine Lettuce, Turkey, Ham, Hard Cooked Eggs, Tomatoes, Shredded Carrots, Dressing) 1 cup vegetables, ½ cup meat/egg mix = 2 oz. M/MA Whole Grain Crackers (4) Peaches ¼ cup Milk ¾ cup	27 Arroz Con Pollo (Brown Rice with Chicken) ¾ cup includes ¼ cup grain, 1.5 oz. chicken Green Beans ¼ cup Cantaloupe ¼ cup Milk ¾ cup	28 Spaghetti (WW Pasta, Tomato Sauce, Gr. Beef) ¾ cup provides 1.5 oz. meat and .5 oz. grain Cucumbers slices w/Dip ¼ cup Fresh Pears ¼ cup sliced Milk ¾ cup	29 Hamburger 1.5 oz., WW Bun ½ bun, Spinach Salad with Shredded carrots & diced tomatoes ¼ cup Fresh Plums ¼ cup Milk ¾ cup