




OCTOBER | 2017

Washtenaw Head Start & GSRP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken & Cheese Quesadilla Corn Red Delicious Apple	3 Breakfast for Lunch Breakfast Bagel (Saus, Egg, Cheese) Hash Brown Mandarin Oranges	4 Beef Ravioli Steamed Peas WG Roll Sliced Pears	5 Fish Treasures Sweet Potato Cubes Goldfish Crackers Raisins	6 
9 Sloppy Joe on WG Bun Baked Beans Applesauce	10 Grilled Chicken Sandwich on WG Buns Smile Potatoes Sliced Peaches	11 Lasagna Roll Up Steamed Broccoli WG Roll Baked Cinnamon Apples	12 Chicken Nuggets Mashed w/ Gravy Cheez-its Pineapple	13 Soy Butter Sandwich Carrot/ Celery Stix Cantaloupe
16 Hamburger on WG Bun Tater Tots Grapes	17 Popcorn Chicken Wild Rice Mixed Vegetables Sliced Pears	18 Spaghetti w/ Meatballs Green Beans Red Delicious Apple	19 Calzone Tossed Salad Pineapple	20 
23 Beef Stew Tossed Salad Cornbread Blueberries	24 Sweet & Sour Chicken Rice Snap Peas Mandarin Oranges	25 Cheese Ravioli w/ Marinara Sauce Tossed Salad Sliced Peaches	26 Cheeseburger Sliders Broccoli Bites Grapes	27 Turkey & Cheese Sandwich Baby Carrots Raisins
30 Chicken Nuggets Mashed Potato w/ Gravy Cheez-Its Fruit Cocktail	31 Corn Dog Sweet Potato Puffs Granny Smith Apple			

News

Breakfast & Lunch Includes Milk

Breakfast

M – Rice Chex Cereal & 100% Tangerine Juice

T – Bagel w/ Jam & Peaches

W – Mini Waffles & Applesauce

T – Corn Pops Cereal & Orange

F- Cheerios & 100% Apple Juice

Snack

M – Hummus & Flatbread

T – Yogurt & Strawberries

W – Baby Carrots w/ Dill Dip & Craisins

T – Hard Boiled Egg & Cheese Stick

F- Oatmeal Bar & Milk