






OCTOBER | 2018

Washtenaw Head Start & GSRP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sloppy Joe Baked Beans Red Delicious Apple	2 Chicken Tenders Tater Tots Mandarin Oranges	3 Beef Ravioli Tossed Salad WG Roll Watermelon	4 Cheeseburger Sliders Smile Potatoes Fruit Cocktail	5 
8 Grilled Chicken Sandwich Sweet Potato Tots Sliced Peaches	9 Soy Butter & Jelly Sandwich Baby Carrots Cantaloupe	10 Spaghetti w/ Meat Balls Asparagus Pears	11 Beef Stew Tossed Salad WG Roll Mandarin Oranges	12 Grilled Cheese Sandwich Tomato Soup Pineapple Tidbits
15 Mini Corn Dogs Steamed Corn Applesauce Cup	16 Beef Taco Lettuce, Cheese Refried Beans Orange Wedges	17 Macaroni & Cheese Steamed Broccoli Grapes	18 Chicken Smackers Rice Pilaf Vegetable Blend Country Apples	19 
22 Hot Dog Baked Beans Tropical Fruit Salad	23 Salisbury Steak Mashed Potato w/ Gravy WG Roll Granny Smith Apple	24 Goulash Mixed Vegetables Sliced Peaches	25 Oven Fried Chicken Steamed Peas Goldfish Crackers Pears	26
29 Hamburger Oven Seasoned Fries Pickles Grapes	30 Breakfast Sandwich (Egg, Cheese, Saus) Hash Brown Applesauce Cup	31 Turkey & Cheese Sandwich Broccoli Bites w/ Dip Orange Wedges		

Breakfast & Lunch Includes Milk

Breakfast

- Mon – Cinnamon Toast Crunch w/ Apple Juice
- Tues – Cheese Omelet w/Muffin Orange Wedges
- Wed – Bagel w/Strawberry Jam Applesauce
- Thurs – Cheerios w/ Banana
- Fri – Blueberry Muffin w/ Craisins

Snack

- Mon – Snack Mix & Cheese Stick
- Tues – Yogurt & Diced Mango
- Wed – Cottage Cheese & Peaches
- Thurs – Scooby Grahams & Milk
- Fri – Oatmeal Bar & Orange Juice