



JANUARY | 2019

Washtenaw Head Start & GSRP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 	1	2		
7 Hot Dog Smile Potatoes Fruit Cocktail	8 Chicken Tenders Glazed Carrots Strawberry Cup	9 Spaghetti w/ Meatballs Mixed Vegetables Pears	10 Nacho Supreme Lettuce Refried Beans Watermelon	11
14 Cheeseburger Oven Seasoned Fries Fuji Apple	15 Beef Taco Fiesta Beans Peach Cups	16 Macaroni & Cheese Steamed Broccoli Raisins	17 Chicken Nuggets Cheesy Potatoes Apple Slices	18
21 No School	22 Mini Corn Dogs Baked Beans Tropical Fruit Salad	23 Yogurt Parfaits (Assorted Fruit) Hash Brown Granola Grapes	24 Popcorn Chicken Rice Green Beans Pears	25 Soy Butter & Jelly Sandwich Broccoli Bites Applesauce Cups
28 Marco's Cheese Pizza Carrots with Dip Red Delicious Apple	29 Grilled Chicken Sandwich Sweet Potato Tots Fruit Cocktail	30 Beef Ravioli Tossed Salad WG Roll Peaches	31 Salisbury Steak Mashed Potato w/ Gravy Goldfish Crackers Mandarin Oranges	1

Breakfast & Lunch Includes Milk

Breakfast

**M-Kix Cereal &
 Tangerine Juice
 T-Mini Pancakes &
 Applesauce
 W-Bagel w/ Strawberry
 Jam & Orange Slices
 Th-Banana Muffin &
 Peaches
 F-Cheerios & Apple Juice**

Snack

**M-Teddy Grahams w/
 Applesauce Cup
 T-Pretzel w/ Cheese Cup
 W-Yogurt w/ Mangos
 Th-Animal Cracker w/
 Cheese Stick
 F- Oatmeal Bar w/ Craisins**