

OCTOBER | 2019

Washtenaw Head Start and GSRP



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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|--|---|--|---|---|
| <p>30</p>  | <p>1</p> <p>Turkey and Cheese on WG Sub Bun Green Beans Red Delicious Apple</p> | <p>2</p> <p>Goulash Mixed Vegetables WG Breadstick Watermelon Slices</p> | <p>3</p> <p>WG Chicken Nuggets Mash Potato with Gravy Mixed Berry Cup</p> | <p>4</p> |
| <p>7</p> <p>Hot Dog on WG Bun Sweet Tater Tots Peach Cup</p> | <p>8</p> <p>Spaghetti w/ Meatballs Asparagus Pears</p> | <p>9</p> <p>Chicken Pot Pie WG Biscuit Steamed Peas Applesauce</p> | <p>10</p> <p>Nacho Supreme Lettuce Black Bean Salad Fresh Apple Slices</p> | <p>11</p>  |
| <p>14</p> <p>Hamburger on WG Bun Lettuce and Pickle Oven Seasoned Fries Grapes</p> | <p>15</p> <p>Soft Chicken Taco Cheese and Lettuce Corn Fresh Orange Slice</p> | <p>16</p> <p>Salisbury Steak Mashed Potato w/ Gravy Scooby Doo Crackers Fresh Gala Apple</p> | <p>17</p> <p>WG Chicken Poppers Mixed Vegetables Fortune Cookie Tropical Fruit</p> | <p>18</p> |
| <p>21</p> <p>No School</p> | <p>22</p> <p>Chicken Patty on WG Bun Toss Salad Strawberry Cup</p> | <p>23</p> <p>WG Chicken Tenders Smile Potatoes Raisins</p> | <p>24</p> <p>Mini Ravioli Steamed Broccoli WG Roll Peaches</p> | <p>25</p> <p>WG Pizza Bites Carrot Sticks Mandarin Oranges</p> |
| <p>28</p> <p>WG Mini Corn Dogs Baked Beans Fruit Cocktail</p> | <p>29</p> <p>WG Macaroni and Cheese Malibu Vegetables Fresh Pear</p> | <p>30</p> <p>WG Chicken Smackers Steamed Carrots Country Apples</p> | <p>31</p> <p><i>Halloween Breakfast</i> WG Spider Web Waffle Sausage Links Green Beans Applesauce Cup</p> | <p>1</p> |

News

**Breakfast & Lunch
Includes 1% White Milk**

**All Juice served is
100% Juice**

Breakfast

M-WG Rice Krispie Cereal w/
Apple Juice
T- WG Mini Pancakes Wraps
w/ Applesauce
W-Omelet with WG Muffin
w/ Mixed Fruit
TH-WG Breakfast Boat w/
Orange Slices
F-Cheerios w/ Raisins

Snack

M-Granola Bar w/
Dried Cherries
T-Yogurt w/ Strawberries
W-Cheese Slices
w/ Crackers
T-Mini Ham and Cheese
Sandwich
F-Tortilla Chips
w/ Hummus