

- 2023 -

# SEPTEMBER

FRIDAY

## Washtenaw Head Start, GSRP and Enrichment Preschool Menu

3 year olds in Enrichment  
Preschool receive free breakfast  
and may purchase lunch.  
Lunch \$1.50

Breakfast & Lunch include 1%  
White Milk  
All juice served is 100% Juice

### Breakfast

**M** – Cereal Bar and Mixed Fruit

**T** – Yogurt and Pears

**W** - Bagel/Cream Cheese and Banana

**Th** – Wg Muffin and Applesauce

### Snack

**M** - Granola Bar/Raisins

**T** - Hummus/Pretzels

**W** - Grapes/Cheez-its

**Th** - Cottage Cheese/Peaches

4

5

6

Sweet and Sour  
Chicken  
Steamed Corn  
Blueberries

7

Grilled Cheese  
Baked Beans  
Clementines

8

11

Mini Corndogs  
Red Peppers  
Strawberries

12

Chicken Drumstick  
Mashed Potato  
Wg Roll  
Peaches

13

Mini French Toast  
Sausage Links  
Corn  
Fresh Grapes

14

Macaroni & Cheese  
Broccoli  
Graham Crackers  
Watermelon

15

18

Chicken Patty on  
Wg Bun  
Steamed Peas  
Orange Slices

19

Hot Dog on Wg Bun  
Smile Fries  
Apple Slices

20

Chicken & Waffles  
Cherry Tomatoes  
Strawberries

21

Walking Taco-Beef  
Lettuce  
Fiesta Beans  
Cherry Craisins

22

25

Hamburger on Wg  
Bun  
Baked Beans  
Pears

26

Chicken Tenders  
Broccoli Bites  
Mandarin Oranges

27

Yogurt Meal  
Green Beans  
Cheese Stick  
Wg Crackers  
Blueberries

28

Salisbury Steak  
Mashed Potato  
Wg Roll  
Pineapple

29