

- 2023 -

SEPTEMBER

FRIDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1

Washtenaw Head Start & GSRP Menu

Breakfast & Lunch include 1% White Milk

All juice served is 100% Juice

Breakfast

M - Cereal Bar/Mixed Fruit

T - Apple Frudel/Pears

W - Bagel/Cream Cheese/Apple

Th - Mini Pancakes/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