

September 2023

Washtenaw Head Start, GSRP, and Enrichment Preschool Menu

Wednesday, September 6: Sweet & Sour Chicken Rice Pilaf Steamed Corn Blueberries

Thursday, September 7: Grilled Cheese Baked Beans Sun Chips Cucumber Slices Clementines

Monday, September 11: Mini Corndogs Baked Beans Red Peppers Fresh Kiwi

Tuesdays, September 12: Chicken Drumstick Mashed Potato/Gravy Tasty Breadsticks Peaches

Wednesday, September 13: Chocolate Chip French Toast Sausage Links Corn Fresh Grapes

Thursday, September 14: Macaroni & Cheese Broccoli Wg Rolls Watermelon

Monday, September 18: Chicken Patty on Wg Bun Cheese, Lettuce Steamed Peas Orange Slices

Tuesday, September 19: Hot Dog on Wg Bun Smile Fries Br occoli Bites Apple Slices

Wednesday, September 20: Chicken and Waffles Fresh Salad Cherry Tomatoes Strawberries

Thursday, September 21: Walking Tacos - Beef Cheese, Lettuce, Tomato Fiesta Beans Corn Cherry Craisins

Monday, September 25: Hamburger on Wg Bun Cheese, Lettuce Baked Beans Corn Pears

Tuesday, September 26: Chicken Tenders Rice Pilaf Fresh Salad Mandarin Oranges

Wednesday, September 27: Yogurt Meal Green Beans Cherry Tomato Cheese Stick Scooby Doo Grahams Blueberries

Thursday, September 28: Salisbury Steak Mashed Potato /Gravy Steamed Carrots Wg Roll Pineapple

This institution is an equal opportunity provider. Menu Subject to Change Depending on Availability of Food Items

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

Breakfast and Lunch Includes 1% White Milk. All Juice served is 100% Juice.

Weekly Breakfast Menu

Monday – Cereal Bar and Mixed Fruit

Tuesday – Yogurt and Pears

Wednesday - Bagel/Cream Cheese and Banana

Thursday – Wg Muffin and Applesauce

Weekly Snack Menu

Monday –Granola Bar/Raisins

Tuesday – Hummus/Pretzels

Wednesday - Grapes/Cheez -its

Thursday – Cottage Cheese/Peaches