

- 2023 -

NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Washtenaw Head Start, GSRP, and Enrichment Preschool Menu

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

Breakfast & Lunch include 1%
white milk. All juice served is
100% juice.

Breakfast

M- Banana Bread, Peaches
T- Cereal, Apple Slices
W- Gogurt & Muffin, Raisins
Th- Bagel & Cream Cheese,
Orange

Snack

M- Fish Crackers, Juice Box
T- Carrots, Chickpeas
W- Grapes, Pretzels
Th- Graham Cracker,
Applesauce

6

Turkey Subs
Cole Slaw
Wg Crackers
Apple Slices

7

Hot Dogs on Wg Bun
Corn on the Cob
Country Apples

8

Yogurt Meal
Cheese Stick
Graham Cracker
Cucumber Slices
Strawberry Cup

9

Walking Taco-Beef
Refried Beans
Green Grapes

10

13

Hamburger
on Wg Bun
Cherry Tomato
Mandarin Oranges

14

Chicken Tenders
Broccoli
Wg Rolls
Cherry Craisins

15

Wg Mini Pancakes
Yogurt
Cucumber Slices
Blueberries

16

Salisbury Steak
Mashed Potatoes
Breadstick
Pears

17

20

Soy Butter & Jelly
Cheese Stick
Fresh Carrots
Wg Crackers
Strawberries

21

Chicken Drumstick
Mashed Potatoes
Green Apples

22

NO SCHOOL

23

NO SCHOOL

24

27

Hot Dogs on Wg Bun
Baked Beans
Mandarin Oranges

28

Sweet & Sour Chicken
Rice Pilaf
Red Peppers
Pineapple Rings

29

Breakfast
Scrambled Eggs
Hash Brown
Wg Muffin
Apple Slices

30

Macaroni & Cheese
Steamed Broccoli
Cantaloupe