

# Washtenaw Head Start, GSRP and Enrichment Preschool

## October Menu

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

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

Monday- Cereal/Peaches

Tuesday- Wg Muffins/Applesauce

Wednesday- Yogurt/Strawberries

Thursday- Bagel/Cream Cheese, Pineapple

Snack

Monday- Tortilla Chips/Cheese Stick

Tuesday- Blueberry Bites/Apple

Wednesday- Cherry Tomato/Chez-Itz

Thursday- Cucumber/Raisins

October 2: Mini Corndogs Baked Beans Red Peppers Fresh Kiwi

October 3: Chicken Drumstick Mashed Potato/Gravy Breadsticks Plums

October 4: Breakfast for Lunch Omelet Hash Browns Cherry Tomato Green Beans Blueberries

October 5: Macaroni & Cheese Steamed Broccoli Wg Rolls Orange Slices

October 9: Chicken Patty on Wg Bun Lettuce, Cheese, Tomato Sweet Tater Tots Steamed Peas  
Country Apples

October 10: Hot Dogs/Chili Dogs on Wg Bun French Fries Corn Pineapple

October 11: Chicken & Waffles Fresh Salad Carrots/Hummus Fresh Grapes

October 12: Soft Shell Beef Taco Refried Beans Cheese, Lettuce Fresh Broccoli Cherry Craisins

October 16: No School

October 17: Hamburger on Wg Bun Baked Beans Romaine Salad Mandarin Oranges

October 18: Chicken Tenders Rice Pilaf Green Beans Wg Roll Apple Slices

October 19: Yogurt/Muffins Cheese Stick Steamed Corn Carrots/Hummus Strawberries

October 23: Hot Dogs on Wg Bun Baked Beans Cucumbers Wg Chips Peas

October 24: Chicken Nuggets Smile Fries Broccoli Cinnamon Apples

October 25: Mini Pancakes Sausage Green Beans Veggie Juice Strawberries

October 26: Salisbury Steak Mashed Potato/Gravy Wg Rol l s Peaches

October 30: Hamburger on Wg Bun Tater Tots Fresh Peppers Tropical Fruit

October 31: Halloween!!! Chicken Witch Sticks Monster Mashed Potato/Gravy Bat Rolls Witch's  
Brew Juice Apples Witch's Treat

This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.