

November 2023

Washtenaw Head Start, GSRP, and Enrichment Preschool Menu

November 1: Mini Corn dogs, Green Beans, Fresh Grapes

November 2: Grilled Cheese, Fresh Romaine Salad, Carrots/Hummus. Wg Chips, 100% Fruit Slushie

November 6: Turkey Subs, Cole Slaw, Fresh Kiwi

November 7: Hot Dogs, Wg Bun, Corn on the Cob, Country Apples

November 8: Yogurt Meal, Cheese Sticks, Wg muffin, cucumber slices, strawberries

November 9: Walking Tacos-Beef, Cheese, Lettuce, Refried Beans, Apple

November 13: Hamburger on Wg Bun, Cheese, Lettuce, Baked Beans, Cherry Tomato, Peaches

November 14: Chicken Tenders, Rice Pilaf, Broccoli, Wg Roll, Cherry Craisin

November 15: Wg Mini Pancakes, Yogurt, Cheese Sticks, Cucumber Slices, Blueberries

November 16: Salisbury Steak, Mashed Potato/Gravy, Breadstick, Pears

November 20: Soy butter & jelly, fresh carrots, cheese stick, wg crackers, strawberries

November 21: Chicken Drumstick, Mashed Potato/Gravy, Wg Rolls, Fresh apple

November 22: No School

November 23: No School

November 27: Hot Dogs On Wg Bun, Baked Beans, Mandarin Oranges

November 28: Sweet & Sour Chicken, Rice Pilaf, red peppers, pineapple rings

November 29: Breakfast, Cheese Omelet, hash brown, wg muffin, apple slices

November 30: Macaroni & Cheese, steamed broccoli, cantaloupe

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 – Banana Bread, Peaches

Tuesday – Cereal, Apple Slices

Wednesday - Gogurt & Muffin, Raisins

Thursday – Bagel & Cream Cheese, Orange

Weekly Snack Menu

Monday – Fish Crackers, Juice Box

Tuesday – Carrots, Chickpeas

Wednesday - Grapes, Pretzels

Thursday – Graham Cracker, Applesauce