


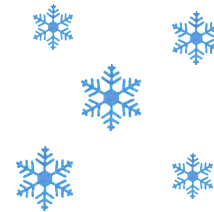


RICHMOND COMMUNITY SCHOOLS HEAD START MENU — JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 No School 	4 WG Rotini w/ Beef Meat Sauce Steamed Broccoli Fresh Banana 1% Unflavored Milk	5 Lil Caesars Cheese Pizza Green Beans Fresh Apples 1% Unflavored Milk	6 WG Soft Beef Taco Cheesy Refried Fresh Apples 1% Unflavored Milk
9 WG Chicken Tenders WG Dinner Roll Corn Fresh Apple Slices 1% Unflavored Milk	10 WG Cheesy Bosco Sticks Carrot Coins Diced Peaches 1% Unflavored Milk	11 WG Mac & Cheese Steamed Broccoli Fresh Orange Slices 1% Unflavored Milk	12 Lil Caesars Pepperoni Pizza Romaine Salad Fresh Orange Slices 1% Unflavored Milk	13 Yogurt w/ String Cheese WG Graham Cracker Fresh Celery Apple Sauce 1% Unflavored Milk
16 No School 	17 Turkey Frank Hot Dog on WG Hot Dog Bun Potato Smiles Diced Peaches 1% Unflavored Milk	18 WG Wow Butter Sandwich Fresh Carrots Fresh Banana 1% Unflavored Milk	19 WG Turkey & Cheese Sub Romaine Salad Fresh Apple Slices 1% Unflavored Milk	20 Yogurt w/ String Cheese WG Graham Cracker Fresh Broccoli Fresh Apple 1% Unflavored Milk
23 WG Wow Butter Sandwich Corn Fresh Apple Slices 1% Unflavored Milk	24 WG Cheesy Bosco Sticks Carrot Coins Diced Peaches 1% Unflavored Milk	25 WG Chicken Patty Sandwich w/ WG Hamburger Bun Steamed Broccoli Fresh Orange Slices 1% Unflavored Milk	26 Lil Caesars Cheese Pizza Romaine Salad Diced Pears 1% Unflavored Milk	27 No School 
30 (New Chicken) WG Chicken Nuggets WG Dinner Roll Corn Mixed Fruit 1% Unflavored Milk	31 WG Turkey Corn Dog Carrot Coins Diced Peaches 1% Unflavored Milk	<div> <p>Each meal includes choice of entrée, milk, one cup of vegetable items and 1/2 cup of fruit items. A fruit or vegetable serving is required with every reimbursable meal. Seasonal fresh fruit selections will include apples, oranges, watermelon, cantaloupe, bananas, pears, grapes, pineapple.</p> <p>Milk choices include fat free or 1% unflavored, and fat free chocolate or strawberry flavored.</p> <p>*Menu Subject to Change Without Notice*</p> <p>Nutritional information is available on the Food Service web page of the Richmond Community School District Website.</p> <p>"USDA is an equal opportunity provider and employer"</p> </div>		
Richmond Community Schools Will participate in MI Farm to School. (*) = food choice utilizing MI based items.				