



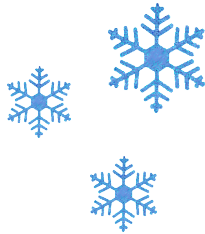





# RICHMOND COMMUNITY SCHOOLS

## HEAD START LUNCH MENU—DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<sup>1</sup> No School 
<sup>4</sup> WG Chicken Tenders WG Dinner Roll Corn Fresh Apple Slices 1% Unflavored Milk	<sup>5</sup> WG Cheesy Bosco Sticks Carrot Coins Diced Peaches 1% Unflavored Milk	<sup>6</sup> WG Mac & Cheese Steamed Broccoli Fresh Orange Slices 1% Unflavored Milk	<sup>7</sup> Lil Caesars Pepperoni Pizza Romaine Salad Fresh Orange Slices 1% Unflavored Milk	<sup>8</sup> Yogurt w/ String Cheese WG Dinner Roll Fresh Celery Apple Sauce* 1% Unflavored Milk
<sup>11</sup> WG Chicken Drumstick WG Dinner Roll Corn Mixed Fruit 1% Unflavored Milk	<sup>12</sup> Turkey Frank Hot Dog on WG Hot Dog Bun Carrot Coins Diced Peaches 1% Unflavored Milk	<sup>13</sup> WG Rotini w/ Beef Meat Sauce Steamed Broccoli Fresh Banana 1% Unflavored Milk	<sup>14</sup> Lil Caesars Cheese Pizza Romaine Salad Diced Pears 1% Unflavored Milk	<sup>15</sup> WG Soft Taco Cheesy Refried Beans Fresh Apple* 1% Unflavored Milk
<sup>18</sup> WG Chicken Nuggets WG Dinner Roll Corn Fresh Apple Slices* 1% Unflavored Milk	<sup>19</sup> WG Cheesy Bosco Sticks Carrot Coins Diced Peaches 1% Unflavored Milk	<sup>20</sup> WG Mac & Cheese Steamed Broccoli Fresh Orange Slices 1% Unflavored Milk	<sup>21</sup> No School 	<sup>22</sup> No School 
<sup>25</sup>	<sup>26</sup>	<sup>27</sup>	<sup>28</sup>	<sup>29</sup>
<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> </div> <div>  </div>				