






RICHMOND COMMUNITY SCHOOLS

HEAD START LUNCH MENU—NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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><i>*Menu Subject to Change Without Notice*</i></p>		<p>1</p> <p>WG Rotini w/ Beef Meat Sauce</p> <p>Steamed Broccoli</p> <p>Fresh Banana</p> <p>1% Unflavored Milk</p>	<p>2</p> <p>Lil Caesars Cheese Pizza</p> <p>Green Beans</p> <p>Fresh Apples</p> <p>1% Unflavored Milk</p>	<p>3</p> <p>WG Soft Beef Taco</p> <p>Cheesy Refried Beans</p> <p>Fresh Apples</p> <p>1% Unflavored Milk</p>
<p>6</p> <p>WG Chicken Tenders</p> <p>WG Dinner Roll</p> <p>Corn</p> <p>Fresh Apple Slices</p> <p>1% Unflavored Milk</p>	<p>7</p> <p>No School</p> 	<p>8</p> <p>WG Mac & Cheese</p> <p>Steamed Broccoli</p> <p>Fresh Orange Slices</p> <p>1% Unflavored Milk</p>	<p>9</p> <p>Lil Caesars Pepperoni Pizza</p> <p>Romaine Salad</p> <p>Fresh Orange Slices</p> <p>1% Unflavored Milk</p>	<p>10</p> <p>No School</p> 
<p>13</p> <p>WG Chicken Drumstick</p> <p>WG Dinner Roll</p> <p>Corn</p> <p>Mixed Fruit</p> <p>1% Unflavored Milk</p>	<p>14</p> <p>Turkey Frank Hot Dog on WG Hot Dog Bun</p> <p>Carrot Coins</p> <p>Diced Peaches</p> <p>1% Unflavored Milk</p>	<p>15</p> <p>WG Rotini w/ Beef Meat Sauce</p> <p>Steamed Broccoli</p> <p>Fresh Banana</p> <p>1% Unflavored Milk</p>	<p>16</p> <p>Lil Caesars Cheese Pizza</p> <p>Green Beans</p> <p>Diced Pears</p> <p>1% Unflavored Milk</p>	<p>17</p> <p>WG Soft Beef Taco</p> <p>Cheesy Refried Beans</p> <p>Fresh Apple Slices</p> <p>1% Unflavored Milk</p>
<p>20</p> <p>Thanksgiving Break</p> <p>No School</p> 	<p>21</p> <p>Thanksgiving Break</p> <p>No School</p>	<p>22</p> <p>Thanksgiving Break</p> <p>No School</p>	<p>23</p> <p>Thanksgiving Break</p>	<p>24</p> <p>Thanksgiving Break</p> 
<p>27</p> <p>WG Chicken Patty on WG Bun</p> <p>Corn</p> <p>Mixed Fruit</p> <p>1% Unflavored Milk</p>	<p>28</p> <p>WG Turkey Corn Dog</p> <p>Carrot Coins</p> <p>Diced Peaches</p> <p>1% Unflavored Milk</p>	<p>29</p> <p>WG Rotini w/ Beef Meat Sauce</p> <p>Steamed Broccoli</p> <p>Fresh Banana</p> <p>1% Unflavored Milk</p>	<p>30</p> <p>Lil Caesars Cheese Pizza</p> <p>Green Beans</p> <p>Diced Pears</p> <p>1% Unflavored Milk</p>	 <p>Product of Michigan</p> <p><i>Richmond Community Schools</i></p> <p><i>Will participate in MI Farm to School. (*) = food choice utilizing MI based items.</i></p>