

# RICHMOND COMMUNITY SCHOOLS HEAD START LUNCH MENU — OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> WG Chicken Patty w/ WG Bun  Corn Mixed Fruit  1% Unflavored Milk	<b>3</b> WG Turkey Corn Dog  Carrot Coins Fresh Apple Slices  1%Unflavored Milk	<b>4</b> WG Rotini w/ Beef Meat Sauce  Steamed Broccoli Fresh Bananas  1% Unflavored Mi	<b>5</b> Lil Caesars Cheese Pizza  Romaine Salad Diced Pears  1% Unflavored Milk	<b>6</b> No Lunches Served  
<b>9</b> WG Chicken Tenders WG Dinner Roll  Corn Fresh Apple Slices*  1% Unflavored Milk	<b>10</b> WG Cheesy Bosco Sticks  Carrot Coins Diced Peaches  1% Unflavored Milk	<b>11</b> WG Wow Butter Sandwich  Romaine Salad Fresh Bananas  1% Unflavored Mi	<b>12</b> Yogurt w/ String Cheese WG Graham Cracker  Fresh Carrots Fresh Orange Slices  1% Unflavored Mi	<b>13</b> WG Wow Butter Sandwich  Romaine Salad Apple Sauce  1% Unflavored Mi
<b>16</b> WG Chicken Drumstick WG Roll  Corn Mixed Fruit  1% Unflavored Milk	<b>17</b> Turkey Frank Hot Dog on WG Hot Dog Bun  Carrot Coins Fresh Apple Slices  1% Unflavored Milk	<b>18</b> WG Rotini w/ Beef Meat Sauce  Steamed Broccoli Fresh Banana  1% Unflavored Milk	<b>19</b> Lil Caesars Pepperoni Pizza  Romaine Salad Fresh Orange Slices  1% Unflavored Milk	<b>20</b> WG Soft Beef Taco  Cheesy Refried Beans Fresh Apple Slices*  1% Unflavored Mi
<b>23</b> WG Chicken Nuggets w/ WG Roll  Corn Fresh Apple Slices*  1% Unflavored Milk	<b>24</b> WG Cheesy Bosco Sticks  Carrot Coins Diced Peaches  1% Unflavored Milk	<b>25</b> WG Chicken Patty Sand- wich w/ WG Hamburger Bun  Steamed Broccoli Fresh Orange Slices  1% Unflavored Milk	<b>26</b> Lil Caesars Cheese Pizza  Romaine Salad Diced Pears  1% Unflavored Milk	<b>27</b> Yogurt w/ String Cheese WG Graham Cracker  Fresh Carrots Fresh Bananas  1% Unflavored Mi
<b>30</b> WG Chicken Patty w/ WG Bun  Corn Mixed Fruit  1% Unflavored Milk	<b>31</b> WG Turkey Corn Dog  Carrot Coins Fresh Apple Slices*  1%Unflavored Milk	  <p><i>Richmond Community Schools Will participate in MI Farm to School. (*) = food choice utilizing MI based items.</i></p>		

Each meal includes entrée, milk,  
1/4—1/2 cup of vegetable items and  
1/4—1/2 cup of fruit items.

Milk choices include 1% unflavored.

\*Menu Subject to Change Without  
Notice\*

Nutritional information is available  
on the Food Service web page of the  
Richmond Community School  
District Website.

"This institution is an equal oppor-  
tunity provider."