

# RICHMOND COMMUNITY SCHOOLS HEAD START LUNCH MENU — SEPTEMBER 2023

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



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 opportunity provider."

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**Product of Michigan**

*Richmond Community Schools  
Will participate in MI Farm to  
School. (\*) = food choice  
utilizing MI based items.*

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