** Menu – January 11-15, 2016**

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|  | **Monday**  **January 11** | **Tuesday**  **January 12** | **Wednesday**  **January 13** | **Thursday**  **January 14** | **Friday**  **January 15** |
| **Morning Snack** | Pancakes  Bananas  Water | Cheese Toast  Apple Slices  Water | Rice Cakes  Apple Butter  Raisons  Water | Blueberry Bagels  Cream Cheese  Water | Yogurt Smoothie  Water |
| **Lunch** | BBQ Tofu  Rice  Green Beans  Melon  Milk | Flat Bread Pizza  Olives  Garden Salad  Pears  Milk | Veggie & Cheese Quesadillas  Green Salad  Mixed Berries  Milk | Mixed Bean Soup  Hawaiian Rolls  Apple Slices  Milk | Vegetable Rice  Steamed Carrots  Melon  Milk |
| **Afternoon Snack** | Celery  Sun Butter  Raison  Water | Oranges  Cheese Sticks  Water | Cereal  Raisons  Craisons  Water | Hummus  Fresh Vegtables  Water | Chips  Salsa  Avocado  Water |

\*Serving sizes and meal components will be in compliance with USDA as per the attached guidelines.