** Menu – January 31- February 4, 2016**

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|  | **Monday****January 31** | **Tuesday****February 1** | **Wednesday****February 2** | **Thursday****February 3** | **Friday****February 4** |
| **Morning Snack** | BagelsGoat CheeseBananasWater | Mixed Berry & Banana SmoothieWater | Cornmeal PorridgeCinnamon &  RaisonsWater | Graham Crackers Cream CheeseCranberries/RaisonsWater | Oatmeal StrawberriesWater |
| **Lunch** | Lentil SoupRiceGreen BeansOrangesMilk | Mixed Vegetable & Spinach SoupTomato & Cucumber SaladMilk | Kale Salad w/Avocado, Beets & CranberriesPancakesMilk | Black Eyed PeasHoney CarrotsMelonMilk | Creamy SpinachBlack BeansRiceGrapesMilk |
| **Afternoon Snack** | Carrot SticksRanch DressingWater | Fig BarsGrapesWater | RaisonsCraisonsChex CerealWater | PretzelsSunbutterApple SlicesWater | Veggie StrawsBlack Eyed Pea HummusWater |

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