** 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** | Bagels  Goat Cheese  Bananas  Water | Mixed Berry &  Banana Smoothie  Water | Cornmeal Porridge  Cinnamon &  Raisons  Water | Graham Crackers Cream Cheese  Cranberries/Raisons  Water | Oatmeal  Strawberries  Water |
| **Lunch** | Lentil Soup  Rice  Green Beans  Oranges  Milk | Mixed Vegetable & Spinach Soup  Tomato & Cucumber Salad  Milk | Kale Salad w/Avocado, Beets & Cranberries  Pancakes  Milk | Black Eyed Peas  Honey Carrots  Melon  Milk | Creamy Spinach  Black Beans  Rice  Grapes  Milk |
| **Afternoon Snack** | Carrot Sticks  Ranch Dressing  Water | Fig Bars  Grapes  Water | Raisons  Craisons  Chex Cereal  Water | Pretzels  Sunbutter  Apple Slices  Water | Veggie Straws  Black Eyed Pea Hummus  Water |

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