

**Menu –March 21-25,2016**

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|  | **Monday****March 21** | **Tuesday****March 22** | **Wednesday****March 23** | **Thursday****March 24** | **Friday****March 25** |
| **Morning Snack** | Yogurt & Fruit ParfaitWater | Cinnamon RollQuinoaRaisinsWater | Toast SunbutterBananasWater | Whole Grain Cereal w/MilkGrapesWater | Toasted BagelsApple Butter Cream CheeseWater |
| **Lunch** | Teriyaki Glazed TofuRice & PeasOrangesMilk | Sauteed Zucchini& SquashBlack BeansCouscousPineappleMilk | Tuscan Kale &Bean SoupRollsKiwiMilk | Sweet Potato SouffleLentils &Steamed SpinachPineapplesMilk | Red Beans & RiceGrilled PlantainsSaladPlumsMilk |
| **Afternoon Snack** | Wheat Crackers & HummusGrapesWater | PretzelsCheese SticksBlueberriesWater | Rice CakesBlueberry CreamCheeseWater | MelonsRoasted ChickpeasCrackersWater | Graham CrackersCheddar Cheese SlicesApple SauceWater |

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