

**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 Parfait  Water | Cinnamon Roll  Quinoa  Raisins  Water | Toast  Sunbutter  Bananas  Water | Whole Grain Cereal w/Milk  Grapes  Water | Toasted Bagels  Apple Butter Cream Cheese  Water |
| **Lunch** | Teriyaki Glazed Tofu  Rice & Peas  Oranges  Milk | Sauteed Zucchini  & Squash  Black Beans  Couscous  Pineapple  Milk | Tuscan Kale &  Bean Soup  Rolls  Kiwi  Milk | Sweet Potato Souffle  Lentils &  Steamed Spinach  Pineapples  Milk | Red Beans & Rice  Grilled Plantains  Salad  Plums  Milk |
| **Afternoon Snack** | Wheat Crackers & Hummus  Grapes  Water | Pretzels  Cheese Sticks  Blueberries  Water | Rice Cakes  Blueberry Cream  Cheese  Water | Melons  Roasted Chickpeas  Crackers  Water | Graham Crackers  Cheddar Cheese Slices  Apple Sauce  Water |

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