** Menu –October 17 - 21, 2016**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday**  |
| **Morning Snack** | Granola CerealBlueberriesMilk | Raison ToastGoat CheeseApplesMilk | Pumpkin BagelsCream CheesePrunesMilk | Whole Grain CerealBananasMilk | English MuffinsSunbutterStrawberriesMilk |
| **Lunch** | Tofu & VegetableStir FryApple SlicesSteamed RiceMilk | Lentil SoupWhole Wheat RollsOrange SlicesMilk | Pinto BeansCheese ToastApplesauceMilk | Pasta with Veggie CrumbleSteamed CarrotsMilk | Veggie WrapsHoney Dew MelonsMilk |
| **Afternoon Snack** | ApplesCream CheeseCrackersWater | Fruit Saladw/String CheeseGraham CrackersWater | Trail Mix With Dried Fruit & PepitasCheese SticksWater | HummusPita BreadCherry TomatoesWater | Tortilla ChipsGuacamoleSalsaWater |

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