** Menu –October 17 - 21, 2016**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning Snack** | Granola Cereal  Blueberries  Milk | Raison Toast  Goat Cheese  Apples  Milk | Pumpkin Bagels  Cream Cheese  Prunes  Milk | Whole Grain Cereal  Bananas  Milk | English Muffins  Sunbutter  Strawberries  Milk |
| **Lunch** | Tofu & Vegetable  Stir Fry  Apple Slices  Steamed Rice  Milk | Lentil Soup  Whole Wheat Rolls  Orange Slices  Milk | Pinto Beans  Cheese Toast  Applesauce  Milk | Pasta with Veggie Crumble  Steamed Carrots  Milk | Veggie Wraps  Honey Dew Melons  Milk |
| **Afternoon Snack** | Apples  Cream Cheese  Crackers  Water | Fruit Salad  w/String Cheese  Graham Crackers  Water | Trail Mix With Dried Fruit & Pepitas  Cheese Sticks  Water | Hummus  Pita Bread  Cherry Tomatoes  Water | Tortilla Chips  Guacamole  Salsa  Water |

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