** Menu – October 3-7, 2016**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday**  |
| **Morning Snack** | Whole Grain Cereal & BananasMilk | Ezekiel Toast w/Cream CheeseRaisinsMilk | Whole Grain CerealPlumsMilk | Banana WafflesMilk | Bagels & Blueberry Goat CheeseMilk |
| **Lunch** | Cheese & Black Bean QuesadillasGarden SaladClementine’sMilk | Vegetable Noodle SoupFrench BreadGrapesMilk | Succotash w/ Tomatoes, Corn, & Lima BeansJasmine RiceMilk | Cheddar & Broccoli SoupCrackersStrawberriesMilk | Cheese, Avocado & Sprout SandwichesSweet Potato FriesMilk |
| **Afternoon Snack** | Chips & Garden SalsaKiwiWater | HummusCarrots & CucumbersWater | String Cheese& CrackersDried Bananas | Dried Fruit & Trail MixWater | Jamaican Spice Bun & Cream Cheese |

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