** Menu – October 3-7, 2016**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning Snack** | Whole Grain Cereal & Bananas  Milk | Ezekiel Toast w/Cream Cheese  Raisins  Milk | Whole Grain Cereal  Plums  Milk | Banana Waffles  Milk | Bagels & Blueberry Goat Cheese  Milk |
| **Lunch** | Cheese & Black Bean Quesadillas  Garden Salad  Clementine’s  Milk | Vegetable Noodle Soup  French Bread  Grapes  Milk | Succotash w/ Tomatoes, Corn, & Lima Beans  Jasmine Rice  Milk | Cheddar & Broccoli Soup  Crackers  Strawberries  Milk | Cheese, Avocado & Sprout Sandwiches  Sweet Potato Fries  Milk |
| **Afternoon Snack** | Chips & Garden Salsa  Kiwi  Water | Hummus  Carrots & Cucumbers  Water | String Cheese  & Crackers  Dried Bananas | Dried Fruit & Trail Mix  Water | Jamaican Spice Bun & Cream Cheese |

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