



Menu – October 02-06, 2023

| | Monday October 02 | Tuesday October 03 | Wednesday October 04 | Thursday October 05 | Friday October 06 |
|----------------------------|---|--|--|---|---|
| Morning Snack | Fruit Yogurt Graham Crackers Water | Maple Oat Granola Milk | Fruity Berry Smoothie Water | Breakfast Quinoa w/ Blueberries Water | Cheerios Dried Cranberries Milk |
| Lunch | Roasted Cauliflower Salad Vegetarian Baked Beans Apple Pears Milk | Chipotle Chickpea Tacos w/Shredded Lettuce Mexican Street Corn Sunkist Oranges Milk | Mac & Cheese Lemon Pepper Broccoli Strawberries & Pineapples Milk | Red Pepper & Tomato Soup Pesto Grilled Cheese Sandwiches Purple Plums Milk | Sweet Potato & Red Beans Honey Ginger Carrots Sliced Peaches Milk |
| Afternoon Snack | Banana & Sun Butter Water | Dried Fruit Mix Water | Wheat Thins Water | Seedless Grapes w/ Sunflower Seeds | Mango Grapefruit Salad Water |

*Serving sizes and meal components will be in compliance with USDA guidelines