



## Menu – October 09-13, 2023

	<b>Monday October 09</b>	<b>Tuesday October 10</b>	<b>Wednesday October 11</b>	<b>Thursday October 12</b>	<b>Friday October 13</b>
<b>Morning Snack</b>	Red Berry Cornflakes Applesauce Milk	Raisin Toast Water	Cinnamon Breakfast Biscuit Water	Pineapple Baked Oatmeal w/Oat Milk	Pumpkin Muffins Water
<b>Lunch</b>	Cheesy Baked Spaghetti w/ Spinach Mixed Vegetables Blueberries Milk	Brussel Sprouts & Cauliflower Medley Roasted Seasoned Carrots Naval Oranges Milk	Cabbage Casserole Roasted Corn & Red Pepper Mixed Fruit Milk	Lentil & Potato Soup Apple Pear, Cranberry, & Pepita Kale Salad w/Honey Mustard Dressing Milk	Chickpea Tikka Masala w/Rice Green Beans Purple Plums Milk
<b>Afternoon Snack</b>	Lightly Salted Rice Cakes Water	Black Bean Dip w/ Tortilla Chips Water	Lemon Pepper Cucumbers w/ Ranch Dip Water	Frozen Yogurt Strawberry Bites Water	String Cheese Clementines Water

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