



Menu – October 16-20, 2023

	Monday October 16	Tuesday October 17	Wednesday October 18	Thursday October 19	Friday October 20
Morning Snack	Plain Bagel w/ Strawberry Preserves Water	Oatmeal & Raisin Muffins Milk	Cinnamon Organic Applesauce Graham Crackers Water	Greek Vanilla Yogurt & Blueberries Water	Cheerios Dried Cranberries Milk
Lunch	Alfredo Penne Pasta Peas & Carrots Cara Cara Oranges Milk	Spinach Tomato Hummus Wrap Seasonal Vegetables Sliced Peaches Milk	Succotash Roasted Zucchini, Peppers, & Onions Apple Pears Milk	Black Bean & Corn Soup Baked Tortilla Strips Purple Plums Milk	Cheesy Garlic & Chives Hashbrowns Sesame Seed Green Beans Mixed Berries Milk
Afternoon Snack	Banana Sun Butter Water	Dill Pickles Wheat Thin Water	Oats & Honey Granola Bar Water	Rice Cakes Clementines Water	Dried Fruit Trail Mix Water

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