



## Menu – February 05-09, 2024

	<b>Monday February 05</b>	<b>Tuesday February 06</b>	<b>Wednesday February 07</b>	<b>Thursday February 08</b>	<b>Friday February 09</b>
<b>Morning Snack</b>	Greek Yogurt w/ Blackberries & Raspberries Water	Spanish Egg Frittata w/Sour Cream Milk	Chia Cardamom Blender Muffins Milk	Plantains w/ Caribbean Salsa Water	Sun-Butter Toast w/ Sunflower Seeds Water
<b>Lunch</b>	One Pot Lentil Stew Mediterranean Cauliflower Salad Honeycrisp Apples	Black Bean & Cheese Enchiladas Mexican Street Corn Papaya & Strawberries Milk	Chickpea Tikka Masala w/Couscous Gujarati Style Green Beans Mango & Melon Milk	Vegan Jamaican Rice & Peas Steamed Cabbage Pineapples & Guava Milk	Teriyaki Sesame Vegetable LoMein Asia Pears Milk
<b>Afternoon Snack</b>	Hummus Dill Cucumbers Water	Tortilla Chips Guacamole Water	Cinnamon Brown Sugar Pita Bread Water	Toasted Coconut Snack Bars Water	Rice Crackers String Cheese Water

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