** Menu – January 11-15, 2016**

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|  | **Monday****January 11** | **Tuesday****January 12** | **Wednesday****January 13** | **Thursday****January 14** | **Friday****January 15** |
| **Morning Snack** | PancakesBananasWater | Cheese ToastApple SlicesWater | Rice CakesSunbutterRaisonsWater | Blueberry BagelsCream CheeseWater | Yogurt SmoothieWater |
| **Lunch** | BBQ TofuRiceGreen BeansMelonMilk | Flat Bread PizzaOlivesGarden Salad PearsMilk | Veggie & Cheese QuesadillasGreen SaladMixed BerriesMilk | Mixed Bean SoupHawaiian RollsApple SlicesMilk | Vegtable RiceSteamed CarrotsMelonMilk |
| **Afternoon Snack** | CelerySun ButterRaisonWater | OrangesCheese SticksWater | CerealRaisonsCraisonsWater | Hummus Fresh VegtablesWater | ChipsSalsaAvocadoWater |

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