** Menu – January 18-22, 2016**

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|  | **Monday**  **January 18** | **Tuesday**  **January 19** | **Wednesday**  **January 20** | **Thursday**  **January 21** | **Friday**  **January 22** |
| **Morning Snack** | Oatmeal  Cranberries  Raisons  Water | Rice Cakes  Apple Butter  Water | Cereal  Bananas  Milk  Water | Yogurt  Mixed Fruit  Water | Graham Crackers  Sunbutter  Water |
| **Lunch** | Red Beans  Rice  Kale Salad  Oranges  Milk | Mac & Cheese  Baked Beans  Garden Salad  Melon  Milk | Butternut Squash Soup  Rolls  Grapes  Milk | Pasta  Tomato Sauce  Veggie Crumble  Pears  Milk | Three bean burrito  Tomato/Cucumber Salad  Mangos  Milk |
| **Afternoon Snack** | Guacamole  Baby Carrots  Water | Cereal  Dried Fruits  Water | Cheese  Crackers  Water | Sliced Apples  Sunbutter  Water | Chips  Salsa  Water |

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