** Menu – January 25-29, 2016**

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|  | **Monday**  **January 25** | **Tuesday**  **January 26** | **Wednesday**  **January 27** | **Thursday**  **January 28** | **Friday**  **January 29** |
| **Morning Snack** | Yogurt  Fruit  Water | Quinoa  Blueberries  Water | Sunbutter Crackers  Bananas  Water | Cinnamon Toast  Apple Slices  Water | Oatmeal  Raisons  Water |
| **Lunch** | Rice, Cheese & Broccoli Casserole  Mixed Greens  Pears  Milk | Veggie Lasagna  Rolls  Green Salad  Melon  Milk | Waffles  Veggie Sausage  Pears  Milk | Pasta Salad With Beans & Vegtables  Grapes  Milk | Veggie Burgers  Buns  Tomato/Lettuce  Apples  Milk |
| **Afternoon Snack** | Apple Slices  Cheese Sticks  Water | Chips  Hummus  Water | Cereal  Dried Fruit  Water | Rice Cakes  Cream Cheese  Water | Pretzels  Sunbutter  Water |

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