



Menu – March 16-20 , 2015*

	Monday March 16	Tuesday March 17	Wednesday March 18	Thursday March 19	Friday March 20
Morning Snack	Cinnamon Yogurt with Apples & Granola Water	Oatmeal with Dates & Honey Water	Ezekiel Toast with Goat Cheese Pears Water	Applesauce with Graham Crackers Water	Granola with Dried Fruit and Milk Water
Lunch	Orzo Salad Steamed Broccoli Melon Milk	Lasagna Green Salad French Bread Milk	Tofu in Pineapple Barbecue Sauce Rice Orange Slices Milk	Greek Salad with Feta and Black Olives Roasted Potatoes Mixed Berries Milk	Veggie Tortilla Roll- ups Red Peppers & Carrots Apple Slices Milk
Afternoon Snack	Whole Grain Cereal “Trail Mix” with dried fruit & sunflower seeds Water	Sunbutter on Whole wheat Crackers Apple Slices Water	Roasted Chickpeas Raisins Water	Sesame Sticks String Cheese Grapes Water	Rice Cakes with Cream Cheese Strawberries Water

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