



## Menu – March 30 – April 3, 2015\*

	<b>Monday March 30</b>	<b>Tuesday March 31</b>	<b>Wednesday April 1</b>	<b>Thursday April 2</b>	<b>Friday April 3</b>
<b>Morning Snack</b>	Yogurt with mixed berries Water	Cereal with Dried Fruit and Pears Water	Ezekiel Toast with Goat Cheese Dates Water	Applesauce with Graham Crackers	Toasted Bagels with Cream Cheese Pineapple Water
<b>Lunch</b>	Macaroni & Cheese Steamed Broccoli Cantelope Milk	Grilled Cheese Sandwiches Green Salad w/ Avocado & Asparagus Watermelon Milk	Homemade Vegetable Soup Wheat Rolls Apple Slices Milk	Black Beans Rice Grilled Red Peppers Mango Salsa Milk	Veggie Pancakes w/ Rosemary Lemon Cream Sauce Cucumber Salad Orange Slices Milk
<b>Afternoon Snack</b>	Sesame Sticks Clementines Water	Sunbutter on Whole wheat Crackers Bananas Water	Whole Grain Cereal “Trail Mix” with dried fruit & sunflower seeds Water	Hummus w/Pita Celery & Carrot Sticks Water	Rice Cakes with Applebutter Cheddar Cheese Water

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