** Menu – November 16-20, 2015**

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|  | **Monday**  **November 16** | **Tuesday**  **November 17** | **Wednesday**  **November 18** | **Thursday**  **November 19** | **Friday**  **November 20** |
| **Morning Snack** | Cinnamon Yogurt  Dried Fruit  Water | Grits  Apples  Water | Whole Grain Cereal  Bananas  Milk | French Toast  Orange Slices  Water | Rice Cakes  Sun Butter  Pears  Water |
| **Lunch** | Vegetable Soup  Grilled Cheese  Kiwi  Milk | Baked Spaghetti  Garden Salad  Cantaloupe  Milk | Pancakes  Scrambled Tofu  Mixed Vegetables  Milk | Lentil Soup  Spoon Bread  Mixed Fruit  Milk | Macaroni & Cheese  Broccoli  Watermelon  Milk |
| **Afternoon Snack** | Sunbutter  Graham Crackers  Water | Pretzels  Cheese  Water | Chips  Guacamole  Water | Waffle Strawberry Shortcake  Water | Apple Crisps  Cheese Sticks  Water |

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