** Menu – November 30 – December 4, 2015**

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|  | **Monday**  **November 30** | **Tuesday**  **December 1** | **Wednesday**  **December 2** | **Thursday**  **December 3** | **Friday**  **December 4** |
| **Morning Snack** | Oatmeal  Dried Fruit  Water | Grits  Apples  Water | Bagels  Orange  Water | Rice Cereal  Bananas  Milk / Water | Cinnamon Toast  Mixed Berries  Water |
| **Lunch** | Red Beans  Rice  Collard Greens  Apples  Milk | Curry Vegtables  Quinoa  Melon  Milk | Black Eyed Peas  Boiled Yams  Honey Dew Melon  Sliced Avocado  Milk | Veggie Hummus Wraps  Pretzels  Cantaloupe  Milk | Veggie Mexican Lasagna  Green Salad  Mixed Fresh Fruit  Milk |
| **Afternoon Snack** | Raison Toast  Sunbutter  Bananas | Fig Bars  Strawberries  Water | Applesauce  Graham Crackers  Water | Wheat Crackers  Cheddar Cheese  Apples  Water | Sunbutter  Crackers  Sliced Oranges  Water |

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