** 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 FruitWater | GritsApplesWater | BagelsOrangeWater | Rice CerealBananasMilk / Water | Cinnamon ToastMixed BerriesWater |
| **Lunch** | Red BeansRiceCollard GreensApplesMilk | Curry VegtablesQuinoaMelonMilk | Black Eyed PeasBoiled YamsHoney Dew MelonSliced AvocadoMilk | Veggie Hummus WrapsPretzelsCantaloupeMilk | Veggie Mexican LasagnaGreen SaladMixed Fresh FruitMilk |
| **Afternoon Snack** | Raison ToastSunbutterBananas | Fig BarsStrawberriesWater | ApplesauceGraham CrackersWater | Wheat CrackersCheddar CheeseApplesWater | SunbutterCrackersSliced OrangesWater |

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