** 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** | Rice Cereal w/ Bananas & MilkWater | GritsApplesWater | Bagels w/cream cheesePineappleWater | Oatmeal w/ Dates & CinnamonWater | Cinnamon ToastBlueberriesWater |
| **Lunch** | Pasta w/MarinaraCorn BreadApplesMilk | Red BeansRiceCollard GreensGrilled ParsnipsMilk | Black Eyed PeasSweet PotatoesCouscousMelonMilk | Veggie Hummus WrapsPretzelsCantaloupeMilk | Veggie Mexican LasagnaGreen SaladOrangesMilk |
| **Afternoon Snack** | PretzelsCheddar CheeseApplesWater | Fig BarsGrapesWater | ApplesauceGraham CrackersWater | Raisin ToastCheddar CheeseBananasWater | SunbutterCrackersPearsWater |

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