** 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 & Milk  Water | Grits  Apples  Water | Bagels w/cream cheese  Pineapple  Water | Oatmeal w/ Dates & Cinnamon  Water | Cinnamon Toast  Blueberries  Water |
| **Lunch** | Pasta w/Marinara  Corn Bread  Apples  Milk | Red Beans  Rice  Collard Greens  Grilled Parsnips  Milk | Black Eyed Peas  Sweet Potatoes  Couscous  Melon  Milk | Veggie Hummus Wraps  Pretzels  Cantaloupe  Milk | Veggie Mexican Lasagna  Green Salad  Oranges  Milk |
| **Afternoon Snack** | Pretzels  Cheddar Cheese  Apples  Water | Fig Bars  Grapes  Water | Applesauce  Graham Crackers  Water | Raisin Toast  Cheddar Cheese  Bananas  Water | Sunbutter  Crackers  Pears  Water |

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