** Menu – November 9-13, 2015**

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|  | **Monday****November 9** | **Tuesday****November 10** | **Wednesday****November 11** | **Thursday****November 12** | **Friday****November 13** |
| **Morning Snack** | WafflesMixed FruitsWater | HashbrownsVeggie SausageBiscuitWater | Warm Cinnamon QuinoaBlueberriesWater | Cornmeal PorridgeBananasWater | Superstar BreakfastCouscous & ApplesWater |
| **Lunch** | Butternut Squash,Sunflower Seed & Sage PastaGrilled AsparagusMelonMilk | Black Bean Quesadillas, Steamed CarrotsPineapplesMilk | Chickpea Salad on Whole Grain BreadLettuce & TomatoGrapesMilk | Lima BeanSteamed Rice CabbageHoney Dew MelonMilk | Mushroom & Barley SoupFrench BreadMixed FruitMilk |
| **Afternoon Snack** | ApplesauceAnimal CrackersWater | Gluten-Free Chex Trail MixWater | ChipsHomemade SalsaWater | Fig BarString CheeseStrawberriesWater | Vegan Banana PuddingCookiesWater |

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