** 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** | Waffles  Mixed Fruits  Water | Hashbrowns  Veggie Sausage  Biscuit  Water | Warm Cinnamon Quinoa  Blueberries  Water | Cornmeal Porridge  Bananas  Water | Superstar Breakfast  Couscous & Apples  Water |
| **Lunch** | Butternut Squash,  Sunflower Seed & Sage Pasta  Grilled Asparagus  Melon  Milk | Black Bean Quesadillas, Steamed Carrots  Pineapples  Milk | Chickpea Salad on Whole Grain Bread  Lettuce & Tomato  Grapes  Milk | Lima Bean  Steamed Rice  Cabbage  Honey Dew Melon  Milk | Mushroom & Barley Soup  French Bread  Mixed Fruit  Milk |
| **Afternoon Snack** | Applesauce  Animal Crackers  Water | Gluten-Free Chex Trail Mix  Water | Chips  Homemade Salsa  Water | Fig Bar  String Cheese  Strawberries  Water | Vegan Banana Pudding  Cookies  Water |

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