



## Menu – October 1 – October 5, 2018

|                        | <b>Monday<br/>September 17</b>                             | <b>Tuesday<br/>September 18</b>                              | <b>Wednesday<br/>September 19</b>                   | <b>Thursday<br/>September 20</b>                          | <b>Friday<br/>September 21</b>                                    |
|------------------------|--|--|---|---|---|
| <b>Breakfast</b>       | Oatmeal w/ Brown Sugar Cinnamon<br>Craisins<br>Milk        | Veggie Sausage<br>Oranges<br>Milk                            | Banana Parfaits w/Granola<br>Milk                   | Breakfast Biscuits<br>Apples<br>Milk                      | Bagels w/Cream Cheese<br>Pineapple<br>Milk                        |
| <b>Lunch</b>           | Kidney Bean Salad<br>Tortilla Chips<br>Blueberries<br>Milk | Tomato & Spinach Penne<br>Sauteed Broccoli<br>Apples<br>Milk | Corn Chowder<br>Rolls<br>Berry Salad<br>Milk        | Lemony Lentils w/Kale<br>Mashed Potatoes<br>Melon<br>Milk | Grilled Cheese<br>Garlic Butter Romano<br>Beans<br>Grapes<br>Milk |
| <b>Afternoon Snack</b> | Fig Bars<br>Apples<br>Water                                | Pretzels<br>String Cheese<br>Plums<br>Water                  | Rice Cakes w/Goat Cheese & Jam<br>Craisins<br>Water | Pita w/Hummus<br>Baby Carrots<br>Water                    | Trail Mix w/Dried Fruit<br>Water                                  |

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