** Menu – October 12-16, 2015**

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|  | **Monday****October 12** | **Tuesday****October 13** | **Wednesday****October 14** | **Thursday****October 15** | **Friday****October 16** |
| **Morning Snack** | BagelsCream Cheese ApplesWater | Whole Grain CerealBananaMilk/Water | Potato HashVeggie SausageOrangesWater | Cinnamon Raisin Toast with Cream CheeseStrawberriesWater | Buttermilk PancakesBlueberry CompoteWater |
| **Lunch** | Veggie SausageOnions & PeppersRice & BeansSpinach & Pear Salad | Broccoli Rice CasseroleCherry TomatoesGrapesMilk | Savory Vegetable Stew with Quinoa Green BeansPineapple ChunksMilk | Honey Grilled TofuMashed PotatoesSteamed CabbageApple SlicesMilk  | Sweet Potato & Lentil SoupCorn Griddle CakesFruit SaladMilk |
| **Afternoon Snack** | Graham Crackers with SunbutterStrawberriesWater | Fruit & Cheese KabobsAnimal CrackersWater | Banana MuffinsPearsWater | Fruit & Yogurt SmoothiesWheat CrackersWater | Fig BarsBananasWater |

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