** Menu – October 12-16, 2015**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday**  **October 12** | **Tuesday**  **October 13** | **Wednesday**  **October 14** | **Thursday**  **October 15** | **Friday**  **October 16** |
| **Morning Snack** | Bagels  Cream Cheese  Apples  Water | Whole Grain Cereal  Banana  Milk/Water | Potato Hash  Veggie Sausage  Oranges  Water | Cinnamon Raisin Toast with Cream Cheese  Strawberries  Water | Buttermilk Pancakes  Blueberry Compote  Water |
| **Lunch** | Veggie Sausage  Onions & Peppers  Rice & Beans  Spinach & Pear Salad | Broccoli Rice Casserole  Cherry Tomatoes  Grapes  Milk | Savory Vegetable Stew with Quinoa  Green Beans  Pineapple Chunks  Milk | Honey Grilled Tofu  Mashed Potatoes  Steamed Cabbage  Apple Slices  Milk | Sweet Potato & Lentil Soup  Corn Griddle Cakes  Fruit Salad  Milk |
| **Afternoon Snack** | Graham Crackers with Sunbutter  Strawberries  Water | Fruit & Cheese Kabobs  Animal Crackers  Water | Banana Muffins  Pears  Water | Fruit & Yogurt Smoothies  Wheat Crackers  Water | Fig Bars  Bananas  Water |

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