** Menu – October 19-23, 2015**

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|  | **Monday**  **October 19** | **Tuesday**  **October 20** | **Wednesday**  **October 21** | **Thursday**  **October 22** | **Friday**  **October 23** |
| **Morning Snack** | Whole Grain Cereal  Banana  Milk/Water | Waffles  Strawberry  Shortcake  Water | Oatmeal  Fresh Fruit  Water | Grits  Toast  Sausage  Water | Bagels  Cream Cheese  Sliced Pears  Water |
| **Lunch** | Three Bean Chili  Maple Pan Yams  Rolls  Grapes  Milk | Veggie Taco Salad  Lettuce  Tomato  Cheese  Mango  Milk | Yellow Rice  Black Eyed Peas  Mixed Greens  Mixed Melon  Milk | Tomato Basil Soup  Grilled Cheese  Kiwi  Milk | Sloppy Joe Falafel  Fried Corn & Spinach  Sliced Apples |
| **Afternoon Snack** | Rice Cakes  Sunbutter  Berries | Chips  Guacamole | Smoothie Bowl  Fruit  Flaxseed Topping | Banana Berry Frozen Yogurt Bars | Animal Crackers  Trail Mix  Banana Ghost Pops |

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