** 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 CerealBananaMilk/Water  | WafflesStrawberryShortcakeWater | OatmealFresh FruitWater | GritsToastSausageWater | BagelsCream CheeseSliced Pears Water |
| **Lunch** | Three Bean ChiliMaple Pan YamsRollsGrapesMilk | Veggie Taco SaladLettuceTomatoCheese MangoMilk | Yellow Rice Black Eyed PeasMixed GreensMixed MelonMilk | Tomato Basil SoupGrilled CheeseKiwiMilk | Sloppy Joe FalafelFried Corn & SpinachSliced Apples |
| **Afternoon Snack** | Rice CakesSunbutterBerries | Chips Guacamole | Smoothie BowlFruitFlaxseed Topping | Banana Berry Frozen Yogurt Bars | Animal Crackers Trail MixBanana Ghost Pops |

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