 **Menu: Oct. 5 – Oct. 9, 2015\***

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|  | **Monday**  **Oct 5, 2015** | **Tuesday**  **Oct 6, 2015** | **Wednesday**  **Oct 7, 2015** | **Thursday**  **Oct 8, 2015** | **Friday**  **Oct 9, 2015** |
| **Morning Snack** | Bagels  Cream Cheese  Strawberries  Water | Whole Grain Cereal  Apples  Milk/Water | Rice Cakes  Sunbutter  Bananas  Water | Quinoa Porridge  Raisons  Water | Scramble Tofu  Toast  Water |
| **Lunch** | Baked Ziti  Garden Salad  Garlic Bread  Pears  Milk | Butternut Squash Soup  Cherry Tomatoes  Honeydew  Milk | Mac and Cheese  Steamed Green Beans  Mixed Fruit  Milk | Jerk Tofu  Rice and Beans  Sweet Plantains  Mango Slices  Milk | Veg. Sheppards Pie  Wheat Roll  Mixed Fruit  Milk |
| **Afternoon Snack** | Hummus  Chips | Animal Crackers  Bananas | Trailmix | Wheat Crackers  Grapes  Cheese | Green Smoothie  Pretzels |

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