 **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** | BagelsCream CheeseStrawberriesWater | Whole Grain CerealApplesMilk/Water | Rice CakesSunbutterBananasWater | Quinoa PorridgeRaisonsWater | Scramble TofuToastWater |
| **Lunch** | Baked ZitiGarden SaladGarlic BreadPearsMilk | Butternut Squash SoupCherry TomatoesHoneydewMilk | Mac and CheeseSteamed Green BeansMixed FruitMilk | Jerk TofuRice and BeansSweet PlantainsMango SlicesMilk | Veg. Sheppards PieWheat RollMixed FruitMilk |
| **Afternoon Snack** | HummusChips | Animal CrackersBananas | Trailmix | Wheat CrackersGrapes Cheese | Green SmoothiePretzels |

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