



Menu – September 14-18, 2015

	Monday September 14	Tuesday September 15	Wednesday September 16	Thursday September 17	Friday September 18
Morning Snack	Bagels w/Cream Cheese Strawberries Water	Whole Grain Cereal with Milk and Apples Water	Rice Cakes with Sunbutter and Bananas Water	Oatmeal with Raisins Water	Grits Pears Water
Lunch	Sunbutter & Jelly Sandwiches Carrots & Cucumbers Watermelon Milk	Whole-Grain Spaghetti with Marinara Sauce Garlic Bread Garden Salad Honey Dew Melon Milk	Tofu & Broccoli Seamed Rice Fruit Salad Milk	Vegetarian Mexican Casserole Avocados Tortillas Milk	Grilled Cheese Sandwich Steamed Broccoli Spiced Apple Bake Milk
Afternoon Snack	Hummus & Pita Water	Animal Crackers & Yogurt Water	Guacamole with Chips Water	Wheat Crackers Cheese Grapes Water	Trail Mix with Dried Fruit Water

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