



Menu – September 28 – October 2, 2015

	Monday September 28	Tuesday September 29	Wednesday September 30	Thursday October 1	Friday October 2
Morning Snack	Whole Grain Cereal with Milk and Strawberries Water	Cheese Toast Soy Sausages Pears Water	Grits Grapes Water	Yogurt Parfait with Peaches Water	Smoothie Bowl with Fresh Fruit Water
Lunch	Pasta with Marinara Warm Rolls Steamed Broccoli Milk	Red Beans Rice Steamed Greens Kiwi Milk	Falafel Salad Kebabs Pita Cantaloupe Milk	Curry Vegetables Couscous Melon Milk	Corn Chowder Cucumber and Apples Rolls Milk
Afternoon Snack	Fig Bars Bananas Water	Crackers with Cream Cheese Strawberries Water	Whole Grain Cereal Trail Mix Water	Animal Crackers Mixed Fruit Water	No Bake Oatmeal Bars Sliced Apples Water

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