



## Menu – October 02-06, 2023

	<b>Monday October 02</b>	<b>Tuesday October 03</b>	<b>Wednesday October 04</b>	<b>Thursday October 05</b>	<b>Friday October 06</b>
<b>Morning Snack</b>	Fruit Yogurt Graham Crackers Water	Maple Oat Granola Milk	Fruity Berry Smoothie Water	Breakfast Quinoa w/ Blueberries Water	Cheerios Dried Cranberries Milk
<b>Lunch</b>	Roasted Cauliflower Salad Vegetarian Baked Beans Apple Pears Milk	Chipotle Chickpea Tacos w/Shredded Lettuce Mexican Street Corn Sunkist Oranges Milk	Mac & Cheese Lemon Pepper Broccoli Strawberries & Pineapples Milk	Red Pepper & Tomato Soup Pesto Grilled Cheese Sandwiches Purple Plums Milk	Sweet Potato & Red Beans Honey Ginger Carrots Sliced Peaches Milk
<b>Afternoon Snack</b>	Banana & Sun Butter Water	Dried Fruit Mix Water	Wheat Thins Water	Seedless Grapes w/ Sunflower Seeds	Mango Grapefruit Salad Water

\*Serving sizes and meal components will be in compliance with USDA guidelines