



Menu – October 09-13, 2023

	Monday October 09	Tuesday October 10	Wednesday October 11	Thursday October 12	Friday October 13
Morning Snack	Red Berry Cornflakes Applesauce Milk	Raisin Toast Water	Cinnamon Breakfast Biscuit Water	Pineapple Baked Oatmeal w/Oat Milk	Pumpkin Muffins Water
Lunch	Cheesy Baked Spaghetti w/ Spinach Mixed Vegetables Blueberries Milk	Brussel Sprouts & Cauliflower Medley Roasted Seasoned Carrots Naval Oranges Milk	Cabbage Casserole Roasted Corn & Red Pepper Mixed Fruit Milk	Lentil & Potato Soup Apple Pear, Cranberry, & Pepita Kale Salad w/Honey Mustard Dressing Milk	Chickpea Tikka Masala w/Rice Green Beans Purple Plums Milk
Afternoon Snack	Lightly Salted Rice Cakes Water	Black Bean Dip w/ Tortilla Chips Water	Lemon Pepper Cucumbers w/ Ranch Dip Water	Frozen Yogurt Strawberry Bites Water	String Cheese Clementines Water

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