



Menu – October 10-14, 2022

	Monday October 10	Tuesday October 11	Wednesday October 12	Thursday October 13	Friday October 14
Breakfast	Cinnamon Raisin Bagels w/Cream Cheese Milk	Cheerios Dried Fruit Milk	Rice Cakes Clementines Milk	Baked Pumpkin Spice Oatmeal Milk	Wheat Toast w/Fruit Spread Milk
Lunch	Broccoli Cheddar Soup Green Salad w/ Italian Herb Dressing Blueberries Milk	Lentil Kale Stew Cucumber and Tomato Salad Red Plums Milk	Red Beans w/ Potatoes Roasted Balsamic Brussel Sprouts Honey Glazed Carrots Milk	Mac & Cheese Vegetarian Baked Beans Oranges Milk	Vegan Greek Salad Wrap Sweet Potato Fries Green Apples Milk
Afternoon Snack	Pretzels Craisins Water	String Cheese Ritz Crackers Water	Strawberries and Pineapples Water	Organic Applesauce Graham Crackers Water	Baked Corn and Rice Puffs Water

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