Menu – October 11-15, 2021

	Monday October 11	Tuesday October 12	Wednesday October 13	Thursday October 14	Friday October 15
Breakfast	Cereal Bananas Milk	Apples Cheddar Cheese Milk	Raspberry Muffin Milk	Mixed Berry Smoothie	Granola Dried Fruit Milk
Lunch	Lemon Butter Fettucine w/ Capers Spinach Salad Plums Milk	Roasted Sweet Potato & Black Bean Salad Green Beans Oranges Milk	Tomato, Carrot & Butternut Squash Soup Arugula Salad Rolls Milk	Chipotle Chickpea Wraps w/Mango Salsa Corn & Red Peppers Clementines Milk	Mushroom & Pepper Rice Pilaf Lemon Pepper Sauteed Cabbage Blueberries Milk
Afternoon Snack	Cheese Crackers Dried Mango Water	Graham Crackers w/Sunbutter Water	Tortillas Chips Salsa Water	Pita Hummus Water	Trail Mix w/Raisins & Pepitas Water

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