



Menu – October 18-22, 2021

	Monday October 18	Tuesday October 19	Wednesday October 20	Thursday October 21	Friday October 22
Breakfast	Cereal Dried Fruit Milk	Veggie Sausage Blueberries Milk	Yogurt Strawberries Milk	Bagels Cream Cheese Milk	Cereal Craisins Milk
Lunch	Egg Frittata w/Red Peppers & Onion Broccoli Apples Milk	Lima Beans Green Beans w/Potatoes Roasted Carrots Milk	Baked Pasta w/Basil & Ricotta Green Salad Plums Milk	Roasted Butternut Squash & Chickpea Curry Cucumber Tomato Salad Pineapple Milk	Lentil Salad Sauteed Spinach Clementines Milk
Afternoon Snack	Wheat Thins Raisins Water	Rice Cakes Dried Mango Water	Pretzels String Cheese Water	Fruit Salad Water	Fig Bars Water

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