



## Menu – October 2-6, 2017

	<b>Monday October 2</b>	<b>Tuesday October 3</b>	<b>Wednesday October 4</b>	<b>Thursday October 5</b>	<b>Friday October 6</b>
<b>Breakfast</b>	Bagels w/Cream Cheese Pineapple Milk	English Muffins w/Chevre & Strawberry Jam Milk	Whole Grain Cereal Raisins Milk	Breakfast Biscuits Bananas Milk	Veggie Sausage Oranges Milk
<b>Lunch</b>	Penne Pasta w/Marinara Green Salad Apples Milk	Red Beans & Rice Spinach Salad Cantaloupe Milk	Veggie Quesadillas Sautéed Broccoli Grapes Milk	Sunbutter & Jelly Sandwiches Veggie Sticks Orange Slices Milk	Black Bean Enchiladas Tomato & Avocado Salad Watermelon Milk
<b>Afternoon Snack</b>	Veggie Sticks w/ Yogurt Ranch Dip Crackers Water	Pretzels Cheddar Cheese Apples Water	Whole grain cereal trail mix Water	Graham Crackers w/Cream Cheese Blueberries Water	Rice Cakes Oranges Water

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