



Menu – October 23-27, 2017

	Monday October 23	Tuesday October 24	Wednesday October 25	Thursday October 26	Friday October 27
Breakfast	Avocado Toast Oranges Milk	Banana Pancakes Milk	Whole Grain Cereal w/Blueberries Milk	Frittata Muffins Bananas Milk	English Muffins w/Sunbutter Apples
Lunch	Penne Pasta Alfredo Spinach Salad Melon Milk	Stir Fry Veggies Thai Coconut Rice Oranges Milk	Hearty Vegetable Stew Rolls Pink Beauty Radish Pickles Plums Milk	Lentils w/Garlic & Thyme Roasted Butternut Squash Pears Milk	Avocado & Three Bean Salad Steamed Broccoli Strawberries Milk
Afternoon Snack	Applesauce Graham Crackers Water	Pretzels Cheddar Cheese Raisins Water	Fig Bars Apples Water	Whole Grain Cereal Trail Mix with Dried Fruit & Seeds Water	Honey Yogurt Fruit Dip Plums & Grapes Water

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