Menu – October 9-13, 2017

	Monday **October 9**	**Tuesday** **October 10**	**Wednesday** **October 11**	**Thursday** **October 12**	**Friday** **October 13**
Breakfast	Bagels w/Cream Cheese Blueberries Milk	Oatmeal w/Cinnamon & Apples Milk	Granola w/Craisins Milk	Whole Grain Cereal Bananas Milk	Roasted Sweet Potatoes Apples Milk
Lunch	Spaghetti w/Lemon Caper Sauce Green Salad Strawberries Milk	Wheat Berry Salad Green Beans Watermelon Milk	Homemade Vegetable Soup Cheese Toast Apples Milk	Sweet & Sour Stir Fry w/Tofu Steamed Rice Oranges Milk	Black-Eyed Peas Grilled Fairy Tale Eggplant Tri-Colored Couscous Plums Milk
Afternoon Snack	Spicy Roasted Chickpeas Raisins Water	Sunbutter Crackers Plums Water	Whole Grain Cereal Trail Mix Water	Pita Hummus Baby Carrots Water	Pretzels Cheddar Cheese Dried Mango Water

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