



## Menu – September 18-22, 2023

	<b>Monday September 18</b>	<b>Tuesday September 19</b>	<b>Wednesday September 20</b>	<b>Thursday September 21</b>	<b>Friday September 22</b>
<b>Morning Snack</b>	Cheerios Raisins Milk	Cinnamon Raisin Toast w/Grape Jam Water	Oatmeal w/ Dried Cranberries & Oat Milk	Glazed Lemon Poppy Seed Muffins Water	Yogurt Granola & Blueberries Water
<b>Lunch</b>	Sun-Dried Tomato Alfredo Pasta Roasted California Style Veggies Pineapple Tidbits Milk	Mushroom Barley Soup Strawberry Spinach Salad w/Balsamic Vinaigrette Milk	Vegetarian Mexican Lasagna Lemon pepper Green Beans Purple Plums Milk	White Bean Salad Honey glazed carrots Sliced peaches Kkk	Rice & Chickpea Stir Fry Vegetables Naval Oranges Milk
<b>Afternoon Snack</b>	Tropical fruit salad Water	Banana & SunButter Water	Wheat Thins & Hummus Dip Water	String Cheese Clementines Water	Tortilla Chips Salsa Water

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