** Menu – November 10- 14**

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|  | **Monday****November 10** | **Tuesday****November 11** | **Wednesday****November 12** | **Thursday****November 13** | **Friday****November 14** |
| **Morning Snack** | Pumpkin and blueberry muffinsSliced bananas and orangesWater | Banana yogurt with raisins and orangesWater | Cheese gritsGrapesWater | Sour cream pancakesBlueberriesWater | Buttered toast/apricot preservesCheese slicesWater  |
| **Lunch** | Roasted red pepper feta sauce with fettuccineFruit saladWheat rollsMilk | Broccoli and cheddar soupSoup crackersMixed green salad with Italian dressingMilk | Black beansRiceSteamed carrotsMango/avocado saladCinnamon tortillasMilk | Baked sweet potatoesTurnip greensAsian pearsMilk  | Sunbutter and jelly sandwichesPretzelsCarrots and celery sticksMilk   |
| **Afternoon Snack** | Wheat crackers with sun butterOrangesWater | Hummus with warm pita breadBaby carrotsWater | Rice cakes with sun butterRaisinsWater | Roasted chickpeasCrackersCheese cubesWater | Wheat crackersCheese sticksApple slicesWater |