** 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 muffins  Sliced bananas and oranges  Water | Banana yogurt with raisins and oranges  Water | Cheese grits  Grapes  Water | Sour cream pancakes  Blueberries  Water | Buttered toast/apricot preserves  Cheese slices  Water |
| **Lunch** | Roasted red pepper feta sauce with fettuccine  Fruit salad  Wheat rolls  Milk | Broccoli and cheddar soup  Soup crackers  Mixed green salad with Italian dressing  Milk | Black beans  Rice  Steamed carrots  Mango/avocado salad  Cinnamon tortillas  Milk | Baked sweet potatoes  Turnip greens  Asian pears  Milk | Sunbutter and jelly sandwiches  Pretzels  Carrots and celery sticks  Milk |
| **Afternoon Snack** | Wheat crackers with sun butter  Oranges  Water | Hummus with warm pita bread  Baby carrots  Water | Rice cakes with sun butter  Raisins  Water | Roasted chickpeas  Crackers  Cheese cubes  Water | Wheat crackers  Cheese sticks  Apple slices  Water |