

weekly
menu

Monday, July 24, 2017

Snack: Organic yogurt topped with organic blueberries and water

Lunch: Broccoli tossed with penne in a light cream sauce served with watermelon and milk

Snack: Fruit smoothie pops

Tuesday, July 25, 2017

Snack: Banana served with milk

Lunch: Taco salad: Green salad tossed with ground turkey, tomato slices, avocado slices drizzled with creamy chive dressing, served with multi-grain chips and milk

Snack: Plum served with pretzels and water

Wednesday, July 26, 2017

Snack: Organic blueberry and nectarine crumb bar served with milk

Lunch: Peanut butter or sun butter and jam sandwich on bakery-fresh, whole wheat bread, served with a peach, carrot sticks and milk

Snack: Grapes served with roasted chick peas and water

Thursday, July 27, 2017

Snack: Scrambled eggs served with milk

Lunch: Farro salad tossed with black beans, corn, tomatoes and mozzarella balls, served with organic blueberries and milk

Snack: Fruit and vegetable smoothie served with whole wheat pita bread and water

Friday, July 28, 2017

Snack: Watermelon salad topped with ricotta and mint leaves, served with milk

Lunch: Turkey, lettuce and tomato sandwich on bakery fresh bread served with celery sticks, a plum and milk

Snack: Edamame served with multi-grain chips and water

Local Vendors include: Farmers Cow, WholeG Bakery, Hindinger Farms, Sugar Maple Farms, D'Artagnan Meat, Plowshares Honey, Paganos Seafood



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