

weekly
menu

Monday, August 14, 2017

Snack: Granola and sunbutter balls served with milk

Lunch: Cold pasta and bean salad tossed in pesto sauce, with tomato and feta, served with pineapples and milk

Snack: Celery sticks with cream cheese, topped with raisins served with milk

Tuesday, August 15, 2017

Snack: Pumpkin pancakes with a drizzle of maple syrup, served with milk

Lunch: Tossed salad with smoked turkey breast, bakery fresh bread, balsamic dressing served with milk

Snack: Watermelon served with multi-grain chips and water

Wednesday, August 16, 2017

Snack: Warm oatmeal drizzled with maple syrup and topped with raisins, served with water

Lunch: Tuna fish sandwich on bakery fresh bread, served with a plum, grape tomatoes and milk

Snack: Corn on the cob served with mozzarella cheese and water

Thursday, August 17, 2017

Snack: Tomato and spinach frittata served with milk

Lunch: Cold vegetable Lo Mein served with peach slices and milk

Snack: Cheesy zucchini cakes served with melon and water

Friday, August 18, 2017

Snack: Peach crumb bar served with milk

Lunch: Peanut butter or sun butter and jam sandwich on bakery fresh whole grain bread served with organic apples, carrots sticks and milk

Snack: Fruit smoothie pop served with pretzels 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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menu

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Snack: Organic yogurt topped with blueberry compote, served with water

Lunch: Peanut butter or sun butter and jam sandwich on bakery fresh whole grain bread served with organic apples, carrots sticks and milk

Snack: Celery sticks with cream cheese, topped with raisins served with milk

Tuesday, August 15, 2017

Snack: Sunbutter granola balls served with milk

Lunch: Tossed salad with smoked turkey breast, bakery fresh bread, balsamic dressing served with milk

Snack: Watermelon served with multi-grain chips and water

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Snack: Warm oatmeal drizzled with maple syrup and topped with raisins, served with water

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Snack: Corn on the cob served with mozzarella cheese and water

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Lunch: Cold vegetable Lo Mein served with peach slices and milk

Snack: Cheesy zucchini bites served with melon and water

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Snack: Peach crumb bar served with milk

Lunch: Cold pasta and bean salad tossed in pesto sauce, with tomato and feta, served with pineapples and milk

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

