

weekly
menu

Monday, August 21, 2017

Snack: Organic yogurt topped with nectarines and water

Lunch: Macaroni and cheese infused with butternut squash, served with pear slices and milk

Snack: Peach slices served with whole wheat pita bread and water

Tuesday, August 22, 2017

Snack: Banana served with sun butter and milk

Lunch: Egg salad on a bakery fresh bread served with carrot sticks, cherry tomatoes and milk

Snack: Applesauce served with matzo bread and water

Wednesday, August 23, 2017

Snack: Brown rice cereal served with organic blueberries and milk

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

Snack: Watermelon served with multi-grain chips and water

Thursday, August 24, 2017

Snack: Corn bread served with milk

Lunch: Tomato and mozzarella bruschetta, served with cantaloupe and milk

Snack: Corn on the cob served raisins and water

Friday, August 25, 2017

Snack: Granola served with milk

Lunch: Israeli Couscous salad with tomato and feta cheese tossed in pesto sauce, served with a plum and milk

Snack: Roasted beets served with Fontina cheese and water

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



SOUTH

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