

# weekly menu

## **Monday, September 18, 2017**

Snack: Banana served with milk

Lunch: Broccoli tossed with pasta in a light cream sauce served with melon and milk

Snack: Apple slices served with cheddar cheese and water

## **Tuesday, September 19, 2017**

Snack: Goodness granola served with milk

Lunch: Chicken, vegetable and couscous soup topped with Pecorino Romano, served with pear slices, bakery fresh bread and milk

Snack: Edamame served with almonds and water

## **Wednesday, September 20, 2017**

Snack: Egg and cheese sandwich on a homemade biscuit, served with water

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

Snack: White bean hummus and vegetable roll up served with water

## **Thursday, September 21, 2017**

Snack: Warm oatmeal topped with raisins and a drizzle of maple syrup, served with water

Lunch: Vegetable and bean quesadilla with a dollop of sour cream, served with pineapple and milk

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

## **Friday, September 22, 2017**

Snack: Apple scone served with milk

Lunch: Green salad with seasoned turkey, tomatoes, avocado slices and drizzled with sour cream dressing, served with multi-grain chips and milk

Snack: Tomato bruschetta served with water

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

