

weekly menu

Monday, October 16, 2017

Snack: Granola served with milk

Lunch: Creamy cauliflower sauce tossed with rigatoni and served with roasted asparagus, melon and milk

Snack: Roasted butternut squash served with pecans and water

Tuesday, October 17, 2017

Snack: Organic rice cake topped with sun butter and served with milk

Lunch: Grilled cheese on bakery fresh bread served with tomato soup, apple slices and milk

Snack: Applesauce served with pretzels and milk

Wednesday, October 18, 2017

Snack: Pear served with milk

Lunch: Chicken cutlet over brown rice, served with cantaloupe and milk

Snack: Sweet potato fries served with milk

Thursday, October 19, 2017

Snack: Quinoa quiche served with milk

Lunch: Broccoli cheddar soup served with orange slices, bakery fresh bread and milk

Snack: Apple and cheddar cheese wrap served with water

Friday, October 20, 2017

Snack: Apple cheddar scone served with milk

Lunch: Brown rice stir fry tossed with broccoli and egg served with pineapple and milk

Snack: Guacamole 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

