

weekly menu

Monday, October 23, 2017

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

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

Snack: Roasted cauliflower served with fontina cheese and water

Tuesday, October 24, 2017

Snack: Blueberry bagel served with cream cheese and milk

Lunch: Chicken salad sandwich on bakery fresh bread served with melon and milk

Snack: Zucchini bread served with milk

Wednesday, October 25, 2017

Snack: Brown rice cake topped with almond butter or sun butter, served with milk

Lunch: Focaccia bread topped with broccoli, ricotta and mozzarella cheese served with an apple and milk

Snack: Roasted acorn squash served with pumpkin seeds and water

Thursday, October 26, 2017

Snack: Pumpkin muffin served with milk

Lunch: Creamy cauliflower soup served with a pear, bakery fresh bread and milk

Snack: Sweet potato and zucchini cheese bites served with water

Friday, October 27, 2017

Snack: Hard-boiled egg served with milk

Lunch: Green salad with seasoned turkey, tomatoes, avocado slices and cheddar cheese drizzled with garlic chive dressing, served with multi-grain chips and milk

Snack: Kale chips served with melon and water

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

