

# weekly **menu**

## **Monday, October 9, 2017**

- Snack: Brown rice cereal served with milk
- Lunch: Baked potato stuffed with broccoli and cheese topped with sour cream, served with melon and milk
- Snack: Carrots sticks served with Fontina cheese and water

## **Tuesday, October 10, 2017**

- Snack: Banana served with sun butter and milk
- Lunch: Red lentil soup topped with sharp cheddar, served with orange slices, bakery fresh bread and milk
- Snack: Edamame served with pretzels and water

## **Wednesday, October 11, 2017**

- Snack: Pumpkin muffin served with milk
- Lunch: Vegetable lasagna served with pear slices and milk
- Snack: Roasted acorn squash topped with roasted pumpkin seeds, served with water

## **Thursday, October 12, 2017**

- Snack: Roasted butternut squash and spinach frittata served with milk
- Lunch: Baked cod served with cherry tomatoes, apple slices and milk
- Snack: "Ants on a log" Celery sticks or apple slices with sun butter, topped with raisins and served with water

## **Friday, October 13, 2017**

- Snack: Organic yogurt topped with apple crisp, served with water
- Lunch: Barley salad with roasted vegetables, chick peas and mozzarella balls, served with pineapple and milk
- Snack: Hummus and peppers, served with water

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

