

weekly **menu**

Monday, November 13 2017

- Snack: Organic rice cake topped with sun butter, served with milk
- Lunch: Grilled cheese on bakery-fresh bread, served with tomato soup, apple slices and milk
- Snack: Carrots sticks served with Fontina cheese and water

Tuesday, November 14, 2017

- Snack: Blueberry bagel topped with cream cheese, served with milk
- Lunch: Macaroni and cheese infused with roasted butternut squash, served with apple slices and milk
- Snack: Carrots stick served with hummus and water

Wednesday, November 15, 2017

- Snack: Banana served with milk
- Lunch: Brown rice stir fry with broccoli and egg, served with pineapple and milk
- Snack: Roasted cauliflower served with walnuts and water

Thursday, November 16, 2017

- Snack: Roasted butternut squash and spinach frittata served with milk
- Lunch: Turkey taco salad topped with tomatoes, avocado slices and a drizzle of garlic chive dressing, served with multi-grain chips and milk
- Snack: Sweet potato and cheese bites served with milk

Friday, November 17, 2017

- Snack: Zucchini bread served with milk
- Lunch: Turkey chili topped with cheddar cheese, served with corn bread, melon and milk
- Snack: Clementine served with cheddar cheese and water

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

