

weekly menu

Monday, December 18, 2017

Snack: Hard boiled egg served with milk

Lunch: Vegetable matzoh ball soup served with orange slices and milk

Snack: White bean dip served with cucumber slices and water

Tuesday, December 19, 2017

Snack: Blueberry bagel served with cream cheese and milk

Lunch: Warm polenta topped with roasted vegetables (zucchini, butternut squash, onions, and yellow squash) and fontina cheese, served with honeydew melon and milk

Snack: Edamame served with a pear and water

Wednesday, December 20, 2017

Snack: Banana served with sun butter and milk

Lunch: Chicken vegetable pot pie with a biscuit topping, served with orange slices and milk

Snack: Sweet potato cheese bites served with milk

Thursday, December 21, 2017

Snack: Brown rice cereal served with milk

Lunch: Peanut butter or sun butter and jam sandwich on bakery-fresh bread served with cucumber slices, an apple and milk

Snack: Clementine served with pretzels and water

Friday, December 22, 2017

Snack: Blueberry muffin served with milk

Lunch: Green salad topped with ground turkey, tomatoes and avocado slices, served with a drizzle of garlic chive dressing, multi-grain chips and milk

Snack: Whole wheat pita bread 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

