

# weekly menu

## Monday, December 4, 2017

- Snack: Oatmeal topped with raisins and a drizzle of maple syrup, served with water
- Lunch: Chicken vegetable soup with orzo, served with cantaloupe and milk
- Snack: Mozzarella cheese served with pretzels and water

## Tuesday, December 5, 2017

- Snack: Brown rice cereal served with milk
- Lunch: Bean and vegetable burrito served with a dollop of sour cream, pineapple and milk
- Snack: Fruit and vegetable smoothie served with whole wheat pita bread and water

## Wednesday, December 6, 2017

- Snack: Pumpkin muffin served with milk
- Lunch: Tossed garden salad topped with smoked turkey breast and cheese, drizzled with balsamic dressing, served with honeydew melon, bakery fresh bread and milk
- Snack: Colorful peppers served with Fontina cheese and water

## Thursday, December 7, 2017

- Snack: Spinach and tomato frittata topped with goat cheese, served with milk
- Lunch: Turkey meatballs over brown rice, served with apple slices and milk
- Snack: Raisins served with celery sticks and water

## Friday, December 8, 2017

- Snack: Local apples; sliced and served with maple cinnamon yogurt dipping sauce and water
- Lunch: Vegetable paella topped with sharp cheddar, served with orange slices and milk
- Snack: Clementine served with roasted chick peas and water

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

