## North & South

### Monday, February 19, 2018

**CLOSED** 

### Tuesday, February 20, 2018

Snack: Lemon scone served with milk

Lunch: Macaroni and cheese infused with butternut squash served

with pear slices and milk

Snack: Oatmeal energy bites with raisins and sunbutter served with milk

# weekly IIICII

### Wednesday, February 21, 2018

Snack: Roasted carrot and tomato frittata served with milk

Lunch: Fresh Atlantic cod served with roasted potatoes, oranges

slices and milk

Snack: Organic blueberry turnover served with milk

### Thursday, February 22, 2018

Snack: Matzo topped with cream cheese and cucumbers served with

milk

Lunch: Focaccia bread topped with broccoli, ricotta and mozzarella

cheese served with melon and milk

Snack: Roasted chickpeas served with cantaloupe and water

### Friday, February 23, 2018

Snack: Banana bread served with milk

Lunch: Ground turkey served with green salad, avocado, tomatoes,

ranch chive dressing, multi-grain chips and milk.

Infant lunch: Ground turkey served with avocado, tomatoes, ranch

chive dressing

Snack: Grapes served with pita chips and water



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



### Monday, February 19, 2018

Snack: Brown rice cereal served with a banana and milk

Lunch: Grilled cheese served with tomato soup, melon and milk

Snack: Roasted broccoli served with pretzels and milk

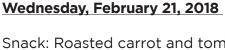
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