

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

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

weekly
menu



THE NEST

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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Snack: Organic blueberry turnover served with milk

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Snack: Matzo topped with cream cheese and cucumbers served with milk

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Snack: Roasted chickpeas served with cantaloupe and water

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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

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