

weekly menu

Monday, March 19, 2018

Snack: Grapefruit topped with plain organic yogurt and a drizzle of honey, served with water

Lunch: Butternut squash soup, served with garden salad, bakery fresh bread and milk

Snack: Melon served with pretzels and water

Tuesday, March 20, 2018

Snack: Plain organic yogurt and cantaloupe, served with water

Lunch: Roasted sweet potato topped with asparagus, white beans and cheddar cheese, served with apple slices and milk

Snack: Fruit smoothie served with whole wheat pita chips and water

Wednesday, March 21, 2018

Snack: Banana served with milk

Lunch: Breaded chicken cutlets served with roasted red potatoes, cucumber slices and milk

Snack: Roasted turnips served with cheese and water

Thursday, March 22, 2018

Snack: Rice cake topped with cream cheese and cucumber slices, served with milk

Lunch: Mac and cheese infused with butternut squash served with roasted green beans, melon and milk

Snack: Apple slices served with almonds and water

Friday, March 23, 2018

Snack: Apple bread served with milk

Lunch: Turkey lasagna served with roasted cauliflower, melon and milk

Snack: Carrot sticks served with hummus and water

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

