

weekly menu

Monday, April 16, 2018

- Snack: Brown rice cereal served with a banana and milk
- Lunch: Vegetable barley soup served with cucumber slices, bakery-fresh bread and milk
- Snack: Apple slices served with peanut butter or sun butter and water

Tuesday, April 17, 2018

- Snack: Organic, plain yogurt served with grapefruit, a drizzle of honey and water
- Lunch: Oven-roasted turkey sandwich with lettuce and tomato served with orange slices and milk
- Snack: Roasted cauliflower served with edamame and water

Wednesday, April 18, 2018

- Snack: Zucchini and tomato frittata served with milk
- Lunch: Sweet potatoes topped with white beans, asparagus and cheese, served with a clementine and water
- Snack: Pear slices served with a rice cake and water

Thursday, April 19, 2018

- Snack: Granola balls (oats and sunbutter) served with milk
- Lunch: Macaroni and cheese infused with butternut squash, served with celery sticks, pears and milk
- Snack: Roasted chick peas served with cantaloupe and water

Friday, April 20, 2018

- Snack: Banana bread served with milk
- Lunch: Green salad with cucumbers, tomatoes and cheese, tossed with balsamic vinaigrette dressing, served with melon, bakery fresh bread and milk
- Infant Lunch: Butternut squash and cheese served with melon, bakery-fresh bread and milk
- Snack: Plum served with whole wheat pita chips and water

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

