

# weekly menu

## **Monday, April 23, 2018**

- Snack: Organic, plain yogurt served with rice cereal and water
- Lunch: Red lentil soup served with pineapple, carrots, bakery-fresh bread and milk
- Snack: Colorful pepper slices served with hummus and water

## **Tuesday, April 24, 2018**

- Snack: Scrambled eggs served with milk
- Lunch: Peanut butter or sun butter and jam sandwiches on bakery fresh, whole wheat bread served with apple slices, celery sticks and milk
- Snack: Avocado and fresh mozzarella served with water

## **Wednesday, April 25, 2018**

- Snack: Banana served with milk
- Lunch: Focaccia bread topped with broccoli, ricotta and mozzarella cheese served with grape tomatoes and milk
- Snack: Orange slices served with whole wheat pita and water

## **Thursday, April 26, 2018**

- Snack: Apple cheddar scone served with milk
- Lunch: BBQ Chicken over brown rice served with cucumber slices and milk
- Snack: Multi grain chips served with a clementine and water

## **Friday, April 27, 2018**

- Snack: Pineapple served almonds and milk
- Lunch: Egg salad sandwich on pumpernickel bread served with melon, carrot sticks and milk
- Snack: Plum served with pretzels and water

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

