

# weekly **menu**

## **Monday, May 14, 2018**

- Snack: Oatmeal with raisins and a drizzle of maple syrup, served with milk
- Lunch: Sweet potato stuffed with black beans, cheese and asparagus, served with organic apple and milk
- Snack: Cucumber spears and pretzels served with water

## **Tuesday, May 15, 2018**

- Snack: Organic yogurt served with pineapple and water
- Lunch: Vegetable paella served with melon and milk
- Snack: Lentil crackers served with cheddar cheese and water

## **Wednesday, May 16, 2018**

- Snack: Grapefruit served with bakery-fresh toast and milk
- Lunch: Roasted cauliflower tossed with pasta in a ricotta sauce, served with orange slices and milk
- Snack: Celery with cream cheese and raisins served with water

## **Thursday, May 17, 2018**

- Snack: French toast with a drizzle of maple syrup, served with milk
- Lunch: Escarole, bean and barley soup served with bakery fresh bread, pineapple and milk
- Snack: Multi-grain chips and guacamole, served with water

## **Friday, May 18, 2018**

- Snack: Banana served with milk
- Lunch: Focaccia bread with tomatoes, colorful peppers and mozzarella cheese, served with melon and milk
- Snack: Pear slices and a rice cake served with water

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

