

# weekly menu

## **Monday, June 18, 2018**

- Snack: Hard-boiled egg served with milk
- Lunch: Farro salad tossed with assorted roasted vegetables, white beans and balsamic dressing served with cantaloupe and milk
- Snack: Roasted asparagus served with cheddar cheese and water

## **Tuesday, June 19, 2018**

- Snack: Carrot sticks served with tzatziki sauce and milk
- Lunch: Turkey meatballs topped with marinara sauce and mozzarella, served with roasted green beans, watermelon slices, bakery fresh bread and milk
- Snack: Celery sticks topped with cream cheese and golden raisins, served with water

## **Wednesday, June 20, 2018**

- Snack: Fresh ricotta served with pineapple and water
- Lunch: Butternut squash infused mac and cheese served with roasted beets, orange slices and milk
- Snack: Fresh strawberries served with almonds and water

## **Thursday, June 21, 2018**

- Snack: Broccoli bites served with milk
- Lunch: Red lentil and vegetable soup served with peach slices, bakery fresh bread and milk
- Snack: Mediterranean olives with feta cheese, served with a rice cake and water

## **Friday, June 22, 2018**

- Snack: Sunbutter and apple slices served on a rice cake served with milk
- Lunch: BBQ chicken over rice, served with roasted parsnips, melon, and milk
- Snack: Pears served with muenster cheese and water

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

Portions meet the CACFP guidelines for each age group served, and are available upon request.

