

weekly menu

Monday, July 16, 2018

Snack: Goodness Granola served with milk

Lunch: Israeli Couscous salad tossed in pesto sauce with tomato, cucumbers, red onion, white beans and feta served with melon and milk

Snack: Corn on the cob served with a brown rice cake and water

Tuesday, July 17, 2018

Snack: Strawberry and ricotta muffin and milk

Lunch: Baked sweet potato stuffed with asparagus, black beans and melted cheddar served with pears and milk

Snack: Pineapple served with blue tortilla chips and water

Wednesday, July 18, 2018

Snack: Cucumber, tomato and red onion salad served with milk

Lunch: Tuna with bow tie pasta tossed with celery, black olives, shredded carrot and red onion served with organic apples and milk

Snack: Hard-boiled egg served with pretzels and water

Thursday, July 19, 2018

Snack: Grapefruit and plain, organic yogurt served with water

Lunch: Baked salmon with diced tomatoes and light bread crumb topping served with sushi rice, roasted broccoli, melon slices and milk

Snack: Almonds served with lentil crackers and water

Friday, July 20, 2018

Snack: Banana bread served with milk

Lunch: Sunbutter and organic strawberry jam on whole wheat bread served with baby carrots, a plum and milk

Snack: Colorful peppers served with hummus and water

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

