

# weekly menu

## **Monday, July 9, 2018**

Snack: Organic red grapes served with organic, plain yogurt and water

Lunch: Turkey and vegetable chili topped with cheddar cheese, served with corn bread, cantaloupe and milk

Snack: Roasted green beans served with lentil crackers and water

## **Tuesday, July 10, 2018**

Snack: Summer squash and onion quiche served with milk

Lunch: Sunbutter and Organic Strawberry jam sandwich on bakery-fresh, whole wheat bread, served with cucumber slices, a plum and milk

Infant-Twos Lunch: Egg salad sandwich on bakery-fresh, whole wheat bread, served with cucumber slices, plum slices and milk

Snack: Baby carrots served with tzatziki sauce and water

## **Wednesday, July 11, 2018**

Snack: Watermelon slices served with rice crackers and milk

Lunch: Vegetable Asian noodle salad tossed in a ginger carrot dressing, served with orange slices and milk

Snack: Celery sticks served with hummus and water

## **Thursday, July 12, 2018**

Snack: Lemon scone served with milk

Lunch: Tossed salad with smoked turkey, tomato, carrots, cucumbers, shredded cheese and balsamic dressing, served with pineapple and milk

Snack: Edamame served with a rice cake and water

## **Friday, July 13, 2018**

Snack: Brown rice cereal served with a banana and milk

Lunch: Baked chicken tenders served with sushi rice, roasted broccoli, melon and milk

Snack: Roasted parsnips served with blue corn chips and water

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

