

weekly menu

Monday, August 13, 2018

Snack: Nectarine muffin served with milk

Lunch: Tuna salad with tomato on bakery fresh sour dough bread served with cucumbers, a plum and milk

South lunch: Sunbutter and organic strawberry jam on whole wheat bread served with cucumbers, a plum and milk

Snack: Baked carrot fries served with rice crackers and water

Tuesday, August 14, 2018

Snack: Banana served with organic, plain yogurt and water

Lunch: Chicken quesadilla with black beans, onions, peppers and cheese, served with cantaloupe and milk

Snack: Cheddar cheese and organic grapes served with water

Wednesday, August 15, 2018

Snack: Scrambled eggs served with milk

Lunch: Baked salmon served with sushi rice, roasted broccoli, honeydew melon and milk

Snack: Hummus served with colorful pepper slices and water

Thursday, August 16, 2018

Snack: Fruit tart square served with milk

Lunch: Tortellini pasta salad with tomato, black olives, white beans, pecorino Romano cheese and pesto dressing, served with a clementine and milk

North lunch: Sunbutter and organic strawberry jam on whole wheat bread, served with celery sticks, a clementine and milk

Snack: Fruit smoothies with pretzels

Infant Snack: Plain, organic yogurt, fruit and granola parfait

Friday, August 17, 2018

Snack: French toast with a drizzle of Vermont maple syrup, served with milk

Lunch: Vegetable paella served with watermelon and milk

Snack: Caprese salad (tomato, basil and mozzarella cheese) and served with water

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

