

weekly menu

Monday, September 10, 2018

Snack: Watermelon served with ricotta cream and water

Lunch: Baked, stuffed potato topped with white beans, asparagus and cheese, served with orange slices and milk

Snack: Colorful peppers served with hummus and water

Tuesday, September 11, 2018

Snack: Banana served with plain organic yogurt, brown rice cereal and water

Lunch: Curry chicken served over brown rice, served with roasted green beans and honey dew melon and milk

Snack: Roasted broccoli served with muenster and cheddar cheese with water

Wednesday, September 12, 2018

Snack: Oatmeal served with a drizzle of maple syrup and water

Lunch: Vegetable barley soup served with pecorino Romano cheese, cantaloupe, bakery fresh bread and milk

Snack: "Ants on a log" Celery topped with cream cheese and golden raisins served with water

Thursday, September 13, 2018

Snack: Apple bread served with milk

Lunch: Turkey, lettuce and tomato on bakery fresh sour dough bread served with baby carrots, a nectarine and milk

Snack: Fruit smoothie served with pretzels and water

Friday, September 14, 2018

Snack: Vegetable and cheese quiche served with milk

Lunch: Bow tie pasta salad tossed with zucchini, tomato, fresh mozzarella, basil and balsamic dressing served with apples and milk

Snack: Tomato bruschetta served with whole grain pita bread and water

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

