

weekly **menu**

Monday, September 17, 2018

Snack: Baked apples topped with golden raisins, served with organic plain yogurt and water

Lunch: Tuna salad, lettuce, tomato on bakery fresh, whole wheat bread served with baby carrots, a plum and milk

Snack: Roasted asparagus with pecorino Romano cheese served with lentil crackers and water

Tuesday, September 18, 2018

Snack: Zucchini and carrot bread served with mil

Lunch: Farro salad with tofu, roasted zucchini, carrots, tomato, black olives, and red onion and balsamic dressing, served with watermelon and milk

Snack: Roasted chick peas served with cucumber slices and water

Wednesday, September 19, 2018

Snack: Banana served with brown rice cereal and milk

Lunch: Baked chicken served with brown rice, roasted cauliflower, pineapple and milk

Snack: Native tomatos, basil, mozzarella pizzette on baked naan bread, served with with water

Thursday, September 20, 2018

Snack: Broccoli quiche bites served with milk

Lunch: Pasta fagioli: pasta with white beans, marinara and cheese, served with colorful peppers, cantalope, bakery fresh bread and milk

Snack: Roasted green beans served with cheddar cheese and water

Friday, September 21, 2018

Snack: Fruit tart served with milk

Lunch: Focaccia bread topped with ricotta, colorful peppers and diced tomatoes, served with melon and milk

Snack Guacamole 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

