

weekly **menu**

Monday, September 24, 2018

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

Lunch: Vegetable, rice, black bean and cheese burrito, served with a dollop of sour cream, melon and milk

Snack: Apple slices and cheddar cheese served with water

Tuesday, September 25, 2018

Snack: Organic, plain yogurt served with pineapple and water

Lunch: Turkey meatballs topped with marinara sauce, served with pasta, celery sticks, watermelon and milk

Snack: Roasted parsnips served with rice crackers and water

Wednesday, September 26, 2018

Snack: Homemade biscotti served with milk

Lunch: Butternut squash soup topped with fontina cheese, served with a plum, bakery fresh bread and milk

Snack: Edamame hummus served with blue corn chips and water

Thursday, September 27, 2018

Snack: Scrambled eggs served with milk

Lunch: Cheese tortellini pasta salad tossed with diced tomato, basil, broccoli, black olives and balsamic dressing, served with orange slices and milk

Snack: Honeydew melon served with whole grain pita bread and water

Friday, September 28, 2018

Snack: Hard-boiled egg served with milk

Lunch: Grilled cheese on bakery fresh, sour dough bread, served with roasted cauliflower, a clementine and milk

Snack: Butter roasted potato served with fresh mozzarella and water

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

