

weekly menu

Monday, October 8, 2018

Snack: Zucchini, carrot bread served with milk

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

Snack: Roasted green beans served with cheddar cheese and water

Tuesday, October 9, 2018

Snack: Brown rice cereal served with a banana and milk

Lunch: Red lentil soup topped with fontina cheese served with apples slices, bakery fresh bread and milk

Snack: Chick peas served with rice crackers and water

Wednesday, October 10, 2018

Snack: Avocado on whole grain pita, served with milk

Lunch: Vegetable lasagna served with orange slices and milk

Snack: Cucumber slices served with lentil crackers and water

Thursday, October 11, 2018

Snack: Baked french toast served with milk

Lunch: Baked and breaded cod topped with diced tomato, served with brown rice, organic grapes and milk

Snack: Rice cake topped with sun butter or cream cheese and apple slices served with water

Friday, October 12, 2018

Snack: Goodness granola served with milk

Lunch: Turkey burger sliders served on whole wheat buns served with broccoli, grape tomatoes and milk

Snack: Colorful peppers served with muenster cheese

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

