

weekly menu

Monday, November 5, 2018

Snack: Banana bread served with milk

Lunch: Miso soup with vegetables, tofu and noodles, served with cantaloupe and milk

Snack: Roasted potato squash served with sunflower seeds and water

Tuesday, November 6, 2018

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

Lunch: Curry chicken and rice, served with green beans, pears and milk

Snack: Fresh mozzarella served with black olives and water

Wednesday, November 7, 2018

Snack: Apple crumb tart served with milk

Lunch: Turkey, lettuce, tomato sandwich on bakery fresh bread served with roasted Brussels sprouts, melon slices and milk

Snack: Ants on a log (Celery sticks served with cream cheese and raisins) with water

Thursday, November 8, 2018

Snack: Ruby red grapefruit served with organic plain yogurt and water

Lunch: Mac & cheese infused with butternut squash, served with cucumbers and milk

Snack: Colorful peppers served with white bean dip and water

Friday, November 9, 2018

Snack: Hard-boiled egg served with milk

Lunch: Organic baked, stuffed potato with asparagus, black beans and cheddar cheese, served with apple slices 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

