

weekly **menu**

Monday, December 10, 2018

Snack: Corn bread served with milk

Lunch: Grilled cheese on bakery fresh bread served with tomato soup, pineapple and milk

Snack: Whole wheat pita chips served with tzatziki dip and water

Tuesday, December 11, 2018

Snack: Organic rice cakes served with cream cheese, apple slices and milk

Lunch: Baked potato topped with broccoli, white beans and cheese, served with a dollop of sour cream, melon and milk

Snack: Parsnip fries served with pretzels and water

Wednesday, December 12, 2018

Snack: Banana served with milk

Lunch: Red lentil soup served with bakery fresh bread, pineapple and milk

Snack: Biscuit served with apple sauce and water

Thursday, December 13, 2018

Snack: Cranberry muffin served with milk

Lunch: Curry chicken over rice, served with baby carrots, organic grapes and milk

Snack: Roasted beets served with fresh mozzarella cheese and water

Friday, December 14, 2018

Snack: Granola served with milk

Lunch: Tuna salad on bakery fresh bread, served with cucumbers, pear slices and milk

Snack: Matzoh crackers served cream cheese, apple slices and water

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

