

weekly menu

Monday, December 3, 2018

Snack: Warm oatmeal drizzled with a drizzle of maple syrup, raisins and water

Lunch: Vegetable and black bean quesadilla served with a dollop of sour cream, pineapple and milk

Snack: Roasted asparagus served with muenster cheese

Tuesday, December 4, 2018

Snack: Brown rice cereal served with banana and milk

Lunch: Vegetable matzo ball soup served with green beans, orange slices and milk

Snack: Roasted eggplant fries served with fresh mozzarella

Wednesday, December 5, 2018

Snack: Pumpkin muffin served with milk

Lunch: Egg salad served on bakery fresh whole wheat bread served with roasted broccoli, melon and milk

Snack: Baked carrot fries served with roasted chick peas and water

Thursday, December 6, 2018

Snack: Vegetable quiche served with milk

Lunch: Pasta marinara and turkey meatballs, served with baby carrots, apples and milk

Snack: Potato latke served with homemade apple sauce and water

Friday, December 7, 2018

Snack: Organic plain yogurt served with grapefruit and water

Lunch: Vegetable paella topped with cheddar cheese, served with a clementine and milk

Snack: Matzo bread served with edamame hummus and water

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

