

weekly
menu

Monday, January 21, 2019

CLOSED | PROFESSIONAL DEVELOPMENT

Tuesday, January 22, 2019

Snack: Banana served with brown rice cereal and milk

Lunch: Butternut squash infused mac and cheese served with honey dew melon slices and milk

Snack: Roasted broccoli served with brown rice crackers and water

Wednesday, January 23, 2019

Snack: Rice cake served with peanut butter or sun butter and milk

Lunch: Turkey vegetable chili served with corn bread, pineapple and milk

Snack: Roasted asparagus served with Muenster cheese and water

Thursday, January 24, 2019

Snack: Hard-boiled egg served with milk

Lunch: Escarole and bean with rice soup served with organic grapes and milk

Snack: Carrot fries served with white bean hummus and water

Friday, January 25, 2019

Snack: Vegetable quiche served with milk

Lunch: Baked cod served with rice, green beans, melon and milk

Snack: Grape tomatoes served with cheddar cheese and water

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

