

# weekly menu

## **Monday, January 7, 2019**

Snack: Goodness granola served with milk

Lunch: Grilled cheese and tomato on bakery fresh bread, served with celery sticks, cantaloupe and milk

Snack: Apple slices served with a rice cake topped with cream cheese and water

## **Tuesday, January 8, 2019**

Snack: Banana bread served with milk

Lunch: Baked sweet potato topped with broccoli, white beans, Monterey jack/cheddar served with orange slices and water

Snack: Cranberry orange biscotti served with milk

## **Wednesday, January 9, 2019**

Snack: Organic, plain yogurt served with pineapple and water

Lunch: Vegetable lasagna with homemade marinara sauce, served with honey dew melon and milk

Snack: Roasted parsnip fries served with rice crackers and water

## **Thursday, January 10, 2019**

Snack: Cranberry orange muffin served with milk

Lunch: Butternut squash soup served with shredded cheddar, bakery fresh bread, organic grapes and water

Snack: Mini broccoli quiche served with milk

## **Friday, January 11, 2019**

Snack: Baked french toast with a drizzle of maple syrup, served with milk

Lunch: Organic roasted salmon served with organic brown rice, roasted green beans, apple slices and milk

Snack: Clementine served with Muenster cheese and water

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

