

weekly menu

Monday, February 11, 2019

Snack: Brown rice cereal served with milk

Lunch: Chicken noodle soup served with pear, bakery fresh bread and milk

Snack: Roasted asparagus served with sunflower seeds and water

Tuesday, February 12, 2019

Snack: Zucchini bread served with milk

Lunch: Baked stuffed potato with broccoli, white beans and mozzarella, served with melon and milk

Snack: Roasted beets served with a rice cake and water

Wednesday, February 13, 2019

Snack: Banana served with milk

Lunch: Turkey meatloaf over brown rice, served with baby carrots, grapes and milk

Snack: Biscuit served with applesauce and water

Thursday, February 14, 2019

Snack: Plain, organic yogurt served with pineapple and water

Lunch: Baked ziti served with roasted green beans, orange slices and milk

Snack: Colorful peppers served with edamame dip and water

Friday, February 15, 2019

Snack: Goodness Granola served with milk

Lunch: Egg salad sandwich on bakery-fresh, whole wheat bread, served with roasted cauliflower, grape tomatoes and milk

Snack: Sweet potato fries served with fresh mozzarella and water

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

