

NORTH & SOUTH

Monday, February 18, 2019

CLOSED - President's Day

Tuesday, February 19, 2019

Snack: Organic brown rice cereal served with milk

Lunch: Grilled cheese with tomato on bakery-fresh, whole wheat bread served with roasted green beans, melon and milk

Snack: Parsnip fries served with fresh mozzarella

Wednesday, February 20, 2019

Snack: Cranberry orange muffin served with milk

Lunch: Turkey vegetable chili topped with shredded cheddar, served with cornbread, pineapple and milk

Snack: Cucumbers and fresh mozzarella, served with water

Thursday, February 21, 2019

Snack: Warm oatmeal topped with raisins, served with milk

Lunch: Butternut squash mac and cheese served with orange slices and milk

Snack: Parsnip fries served with multi-grain chips and water

Friday, February 22, 2019

Snack: Banana bread served with milk

Lunch: Warm farrow salad with roasted vegetables and goat cheese tossed in a light balsamic dressing, served with melon and milk

Snack: Fruit smoothie served with pretzels and water

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

weekly
menu



NEST

weekly
menu

Monday, February 18, 2019

Snack: Granola ball served with milk

Lunch: Vegetable and rice soup served with oranges and milk

Snack: Matzoh bread served with pear slices and water

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