

# weekly menu

## Monday, March 11, 2019

Snack: Hard-boiled egg served with milk

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

Snack: Roasted asparagus served with whole wheat pita and water

## Tuesday, March 12, 2019

Snack: Banana bread served with milk

Lunch: Chicken vegetable and orzo soup served, with Organic grapes, bakery fresh bread and milk

Snack: Roasted green beans served with cheese and water

## Wednesday, March 13, 2019

Snack: Kale and carrot quiche served with milk

Lunch: Turkey meatballs tossed with marinara over pasta, served with cantaloupe, baby carrots and milk

Snack: Edamame served with pretzels and water

## Thursday, March 14, 2019

Snack: Cranberry orange muffin served with milk

Lunch: Vegetable paella served with pear slices and milk

Snack: Cucumbers served with cheddar cheese and water

## Friday, March 15, 2019

Snack: Banana served with homemade apple sauce and milk

Lunch: Herb roasted, baked salmon served with sushi rice, roasted beets, pineapple and milk

Snack: Guacamole served with blue corn chips and water

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

