

# weekly menu

## **Monday, March 18, 2019**

Snack: Baked cinnamon raisin French toast served with milk

Lunch: Tuna salad on a bakery fresh bread, served with baby carrots, melon slices and milk

Snack: Roasted chick peas served with celery sticks and water

## **Tuesday, March 19, 2019**

Snack: Zucchini bread served with milk

Lunch: Vegetable and white bean soup served, with bakery fresh bread, apple slices and milk

Snack: Sweet potato fries served with cheese and water

## **Wednesday, March 20, 2019**

Snack: Avocado on organic, whole grain pita, served with milk

Lunch: Baked stuffed potato with veggies, white beans and cheddar, served with orange slices and milk

Snack: Deviled egg served with grape tomatoes and water

## **Thursday, March 21, 2019**

Snack: Organic, plain yogurt served with pineapple and milk

Lunch: Turkey vegetable chili topped with cheese, served with corn bread, honey dew melon and milk

Snack: Roasted green beans served with lentil crackers and water

## **Friday, March 22, 2019**

Snack: Banana served with brown rice cereal and milk

Lunch: Tossed garden salad with tomatoes, cucumbers, carrots, tofu and mozzarella cheese, drizzled with balsamic dressing, served with grapes and bakery fresh and milk

Snack: Clementine served with sunflower seeds and water

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

