

# NORTH & SOUTH MENUS

# weekly munch

## **Monday, April 15, 2019**

Snack: Sunbutter granola ball served with milk

Lunch: Chicken, vegetable and rice soup served with pineapple, bakery fresh bread and milk

Snack: Clementine served with muenster cheese and water

## **Tuesday, April 16, 2019**

Snack: Sunflower seed and cranberry biscotti, served with milk

Lunch: Grilled cheese and tomato on sour dough bread, served with roasted beets, melon and milk

Snack: Edamame served with whole wheat pita bread and water

## **Wednesday, April 17 2019**

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

Lunch: Pasta tossed with roasted broccoli, olive oil, garlic and white beans served with apple slices and milk

Snack: Parsnip fries served with melon and water

## **Thursday, April 18, 2019**

Snack: Banana served with milk

Lunch: Focaccia bread topped marinara sauce, colorful peppers, onions and mozzarella cheese, served with orange slices and milk

Snack: Spinach and artichoke dip served with matzo bread and water

## **Friday, April 19, 2019**

CLOSED

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



# THE NEST MENU

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Snack: Spinach and artichoke dip served with matzo bread and water

## **Friday, April 19, 2019**

Snack: Brown rice cereal served with milk

Lunch: Vegetable paella topped with cheddar cheese, served with grapes and milk

Snack: Cucumbers served with white bean dip and water

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