

weekly menu

Monday, May 20, 2019

Snack: Zucchini bread served with milk

Lunch: Grilled cheese with tomato on bakery-fresh sour dough bread, served with a black plum, carrot sticks and milk

Snack: Green bean and tomato salad tossed lightly in a balsamic dressing served with fresh mozzarella and water

Tuesday, May 21, 2019

Snack: Banana with sunbutter or peanut butter, served with milk

Lunch: Turkey meatloaf served with mashed potatoes, peas, cantaloupe and milk

Snack: Avocado and tomato on whole grain pita bread, served with water

Wednesday, May 22, 2019

Snack: Deviled egg served with milk

Lunch: Tuna salad with pasta, served with grape tomatoes, nectarine slices and milk

Snack: Spinach and artichoke dip served with blue corn chips and water

Thursday, May 23, 2019

Snack: Baked apple tart served with milk

Lunch: BBQ chicken served on whole wheat slider buns with roasted broccoli, pineapple and milk

Snack: Orange slices served with sunflower seeds and water

Friday, May 24, 2019

Snack: Goodness Granola served with milk

Lunch: Escarole and bean with barley soup topped with pecorino Romano cheese, served with apple slices and milk

Snack: Fruit smoothie served with pretzel sticks and water
Infants and toddlers: fruit smoothie served with rice cake

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

