

# NORTH

## Monday, July 15, 2019

Snack: Organic, plain yogurt served with pineapple and water

Lunch: Peanut butter or sun butter and jam on bakery-fresh, whole wheat bread, served with carrots, pineapple and milk

Snack: Roasted asparagus served with a rice cake and water

## Tuesday July 16, 2019

Snack: Sliced avocado on organic, whole grain its bread, served with milk

Lunch: Black bean and butternut squash quesadilla served with a dollop of sour cream, pears and milk

Snack: Roasted Brussels sprouts served with cheddar cheese and water

## Wednesday, July 17, 2019

Snack: Banana bread served with milk

Lunch: Tuna pasta salad, served with peas, pineapple and milk

Snack: Peaches served with lentil crackers and water

## Thursday, July 18, 2019

Snack: Goodness Granola served with milk

Lunch: Baked sweet potato topped with cheddar cheese and broccoli, served with watermelon and milk

Snack: Celery sticks served with hummus and water

## Friday, July 19, 2019

Snack: Banana served with milk

Lunch: Grilled cheese with tomato on bakery-fresh, sour dough bread, served with colorful peppers, melon and milk

Snack: Cucumber and tomato salad served with sliced baguette and water

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

# weekly menu



## Monday, July 15, 2019

Snack: Organic, plain yogurt served with pineapple and water

Lunch: Chicken salad with lettuce and tomato on bakery-fresh, whole wheat bread, served with carrots, a plum and milk

Snack: Roasted asparagus served with a rice cake and water

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