

NORTH

Monday, July 29, 2019

Snack: Butternut squash bread made with sunflower seeds, raisins, served with milk

Lunch: Green lettuce leaf wraps with tofu, sunflower seed salad, served with orange slices and milk

Snack: Edamame dip with colorful peppers served with fruit-infused water

Tuesday, July 30, 2019

Snack: Super oatmeal: oatmeal with flax seeds, quinoa and banana, served with milk

Lunch: Samosa: flour tortilla stuffed and baked with black beans, potatoes and peas, served with apple slices and milk

Snack: Green beans and cherry tomatoes with fresh mozzarella served with fruit-infused water

Wednesday, July 31, 2019

Snack: Gluten free waffle with bananas and maple coconut cream served with milk

Lunch: Quesadilla with white beans and broccoli, served with pear slices and milk

Snack: Fruit sorbet super seed crunch topping (sunflower sesame and pumpkin seeds) served with fruit-infused water

Thursday, August 1, 2019

Snack: Raspberry oat yogurt with mixed berry compote served with milk

Lunch: Fish tacos: corn tortillas filled with cod, shredded lettuce and tomatoes, served with melon and milk

Snack: White bean dip served with carrots and cucumber and fruit-infused water

Friday, August 2, 2019

Snack: Cinnamon apple compote with oat crumb topping, served with milk

Lunch: Lentil flatbread topped with white bean spread and avocado, served with, pineapple slices and milk

Snack: Brussel sprouts and orange slices served with fruit-infused water

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

weekly **menu**



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