

weekly **menu**

Monday, July 8, 2019

Snack: Blueberry bagel topped with cream cheese, served with milk

Lunch: Tuna salad with lettuce and tomato in a whole wheat wrap, served with cucumbers, orange slices and milk

Snack: Hard-boiled egg served with whole grain crackers and water

Tuesday July 9, 2019

Snack: Banana served with milk

Lunch: Cheese tortellini pasta salad tossed with diced tomatoes, broccoli and white beans, served with cantaloupe and milk

Snack: Roasted sweet potato topped with cheese, served with water

Wednesday, July 10, 2019

Snack: Zucchini bread served with milk

Lunch: Roasted chicken and broccoli over sushi rice, served with pineapple and milk

Snack: Edamame served with fresh mozzarella and water

Thursday, July 11, 2019

Snack: English tea sandwich: Dill cream cheese and cucumber slices on bakery-fresh whole wheat bread, served with milk

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

Snack: Fruit smoothie served with pretzels and water

Friday, July 12, 2019

Snack: Vegetable and cheese quiche served with milk

Lunch: Blue corn chips topped with seasoned ground turkey, diced tomatoes, black olives and cheddar cheese, served with a dollop of sour cream, apple slices and milk

Snack: Green bean and tomato salad, served with baguette bread and water

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

