

Monday, August 19, 2019

Snack: Goodness granola served with milk

Lunch: Baked chicken served with brown rice, asparagus, cantaloupe and milk

Snack: Roasted broccoli and quinoa oat crackers served with fruit water

Tuesday, August 20, 2019

Snack: Banana served with milk

Lunch: Mac and cheese infused with butternut squash, served with watermelon and milk

Field trip lunch: Peanut butter and jam sandwich served with cucumber, watermelon and milk

Snack: Turkey breast and garden tomatoes served with fruit water

Wednesday, August 21, 2019

Snack: Apple/apple slices served with milk

Lunch: Toasted farro salad made with tofu, squash, peppers, eggplant and herbs, served with a pear and milk

Snack: Hummus served with brown rice crackers and water

Thursday, August 22, 2019

Snack: Zucchini bread with pumpkin seeds and raisins

Lunch: Sunbutter and jam sandwich on bakery-fresh bread, served with carrot sticks, a peach and milk

Snack: Red grapes and cheddar cheese served with water

Friday, August 23, 2019

Snack: Energy bar made with dates, sunflower seeds, raisins, chia seeds, flax and oats, served with milk

Lunch: Focaccia bread with fresh mozzarella, broccoli and diced tomato, served with a plum and milk

Snack: Clementine with sunflower seeds and water

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

weekly
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Field trip: Sunbutter and Jam sandwich on bakery fresh bread, served with carrot, watermelon and milk

Snack: Roasted broccoli with quinoa, oat crackers and fruit water

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Lunch: Sunbutter and jam sandwich on bakery-fresh bread, served with carrot sticks, a peach and milk

Snack: Red grapes served with cheddar cheese and water

Friday, August 23, 2019

Snack: Energy balls made with dates, sunflower seeds, raisins, chia seeds, flax and oats, served with milk

Lunch: Focaccia bread topped with broccoli, diced tomato and mozzarella served with a pear and milk

Snack: Clementine with sun flower seeds and water

