

weekly menu

Monday, September 9, 2019

Snack: Brown rice cereal served with and milk

Lunch: Roasted chicken with pasta, topped with vegetable marinara and parmesan, served with apples and milk

Snack: Plums served with whole wheat pita chips and water

Tuesday September 10, 2019

Snack: Gluten-free banana bread with sunflower seeds, served with milk

Lunch: Red pepper, lentil flatbread topped with tomatoes and mozzarella cheese, served with watermelon and milk

Snack: Baby carrots with a pea and white bean dip, served with water

Wednesday, September 11, 2019

Snack: Peach oatmeal bar served with milk

Lunch: Miso soup with tofu, scallions and peppers, served with pears and milk

Snack: Cucumber slices served with cheddar cheese and water

Thursday, September 12, 2019

Snack: Gluten-free waffle with house made apple sauce and a drizzle of maple syrup, served with milk

Lunch: Curried cauliflower couscous with quinoa and broccoli, served with melon and milk

Snack: Celery sticks (apple slices for infants and toddlers) with house-made sunbutter, served with water

Friday, September 13, 2019

snack: Banana served with milk

Lunch: Quesadillas with cheddar cheese and black eye peas, served with red peppers and milk

Snack: Corn on the cob served with sunflower seed dip and water

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

