

weekly **menu**

Monday, September 16, 2019

Snack: Brown rice cereal served with banana and milk

Lunch: Turkey meatball with a vegetable tomato sauce over brown rice, served with plums and milk

Snack: Roasted broccoli served with whole wheat pita chips and water

Tuesday, September 17, 2019

Snack: Zucchini bread served with milk

Lunch: Cauliflower flatbread topped with pesto and mozzarella, served with pears and milk

Snack: Garden baba ganoush, served with baby carrots and water (eggplant, garlic, tahini or substitute, lemon juice, parsley)

Wednesday, September 18, 2019

Snack: Warm oatmeal with flax seeds, pumpkin seeds and dried cranberries, served with milk

Lunch: Roast salmon and romaine on a whole wheat wrap with parmesan and a sunflower seed dressing, served with apples and milk

Snack: Roasted brussel sprouts served with cheddar cheese and water

Thursday, September 19, 2019

Snack: Date energy bar served with milk

Lunch: Vegetable lasagna with spinach, ricotta, mozzarella and tofu, served with melon and milk

Snack: Brown rice cake served with house-made sunbutter, dried apricots and milk

Friday, September 20, 2019

Snack: Barley granola served with milk

Lunch: Portabello mushroom, caramelized onion and olive 'panini' with a lentil spread and tomato, served with peaches and milk

Snack: Mixed peppers served with a white bean and artichoke spread and water

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

