

weekly **menu**

Monday, October 14, 2019

Snack: Pumpkin cinnamon bread served with milk

Lunch: Baked ziti sorrentino with ricotta, plum tomatoes, squash and mozzarella, served with a clementine and milk

Snack: Date sunflower and pumpkin bites served with fruit-infused water

Tuesday, October 15, 2019

Snack: Multi-grain pancakes served with apple compote, maple drizzle and milk

Lunch: Quesadillas with black beans, cheese and butternut squash, served with sliced peaches and milk

Snack: Apple slices served with cheddar cheese and fruit-infused water

Wednesday, October 16, 2019

Snack: Orange slices served with organic, plain yogurt and water

Lunch: Turkey meatballs, over cilantro rice, served with roasted Brussels sprouts, pear slices and milk

Snack: Lentil crackers served with cucumbers and fruit-infused water

Thursday, October 17, 2019

Snack: Steel cut hot oatmeal with cinnamon and raisins, served with water

Lunch: Waldorf chicken salad (carrots, onions, grapes, celery) on multigrain bread, served with milk

Snack: Roasted broccoli served with cheddar dip and fruit-infused water

Friday, October 18, 2019

Snack: Banana with brown rice cereal and milk

Lunch: Cauliflower flatbread with peppers and mozzarella served with grapes and milk

Snack: Baby carrots served with sunflower dip and fruit-infused water

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

