

# weekly **menu**

## **Monday, October 21, 2019**

Snack: Steel-cut cinnamon oatmeal with raisins, served with milk

Lunch: Miso soup with tofu, noodles, scallions and seaweed, served with sliced peppers, watermelon and milk

Snack: Colorful peppers and hummus served with fruit-infused water

## **Tuesday, October 22, 2019**

Snack: Butternut squash bread served with milk

Lunch: Tortellini bolognese, with ground turkey, carrots, onions, plum tomatoes and pecorino Romano, served with honeydew melon and milk

Snack: Mexican layered dip (black beans, sour cream, cheese) served with tri color tortilla chips and fruit-infused water

## **Wednesday, October 23, 2019**

Snack: Whole wheat waffle serve with coconut cream and milk

Lunch: BBQ chicken slider (with house-made BBQ sauce) on bakery-fresh buns, served with sweet potato wedges, sliced pears and milk

\*\* 1 PM Dismissal - Professional Development \*\*

## **Thursday, October 24, 2019**

Snack: Plum tart served with milk

Lunch: Avocado on bakery-fresh, multi-grain bread served with grape tomatoes, cucumbers served with an apple and milk

Snack: Roasted Brussels sprouts and house-made wheat crackers, served with fruit-infused water

## **Friday, October 25, 2019**

Snack: Banana served with milk

Lunch: Honey glazed salmon served with brown rice, roasted green beans, pineapple and milk

Snack: Babaganoush served with pretzels and fruit-infused water

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

