

# weekly **menu**

## **Monday, November 11, 2019**

Snack: Cinnamon baked apples served with milk

Lunch: Pasta Bolognese topped with parmesan, served with broccoli, pineapple and milk

Snack: Carrots served with a edamame, white bean dip and water

## **Tuesday, November 12, 2019**

Snack: Scrambled eggs served with milk

Lunch: Open-face mozzarella sandwich on bakery-fresh multi-grain bread, served with tomato, cucumber, watermelon and milk

Snack: A plum served with toasted, whole wheat pita chips and water

## **Wednesday, November 13, 2019**

Snack: Granola bar served with milk

Lunch: Chicken noodle soup, served with bakery-fresh ciabatta bread, pears and milk

Snack: Cucumber slices served with cheddar cheese and water

## **Thursday, November 14, 2019**

Snack: House-made waffle with a drizzle of maple syrup, served with milk

Lunch: Roasted cod served with baked sweet potato, brown rice, cantaloupe and milk.

Snack: Celery sticks (apple slices for infants and toddlers) with house-made sun butter and water

## **Friday, November 15, 2019**

Snack: Banana served with milk

Lunch: Quesadilla with cheddar cheese, caramelized onions and black beans, served with red pepper, orange slices and milk

Snack: Cucumber served with roasted sunflower and pumpkin seeds trail mix and water

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

