

weekly **menu**

Monday, November 18, 2019

Snack: House-made granola with milk

Lunch: Roast chicken, served with garlic sautéed broccoli, brown rice with parsley, cantaloupe and milk

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

Tuesday, November 19, 2019

Snack: Cinnamon raisin steel cut oatmeal, served with milk

Lunch: Bakery-fresh multi-grain toast, topped with avocado, served with roasted green beans, watermelon and milk

Snack: Organic yogurt served with banana and water

Wednesday, November 20, 2019

Snack: Zucchini bread served with milk

Lunch: Turkey and vegetable chili, served with corn bread, a plum and milk

Snack: Apple served with cheddar cheese and water

Thursday, November 21, 2019

Snack: Pumpkin scone served with milk

Lunch: Cheese tortellini and house-made marinara sauce, served with garlic sautéed Brussels sprouts, pears and milk

Snack: Maple-roasted acorn squash, served with whole wheat pita bread and water

Friday, November 22, 2019

Snack: Scrambled eggs served with milk

Lunch: Roasted red pepper, black bean and cheddar quesadilla, served with carrots, pineapple and milk

Snack: Carob cookie served with milk

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

