

# weekly **menu**

## **Monday, December 9, 2019**

Snack: Brown rice crispy cereal served with a banana and milk

Lunch: Pasta primavera with zucchini, ricotta and peppers, served with pear slices and milk

Snack: Broccoli sautéed in garlic oil, served with whole wheat pita bread and water

## **Tuesday, December 10, 2019**

Snack: Blueberry scone served with milk

Lunch: Shepherd's pie (ground turkey, peas, carrots, corn, onion, topped with mashed potatoes), served with orange slices and milk

Snack: House-made soft pretzel served with cheddar cheese dip and water

## **Wednesday, December 11, 2019**

Snack: Steel cut oats with cinnamon, served with milk

Lunch: Grilled cheese (Muenster) with caramelized onions on bakery-fresh bread, served with maple glazed carrots, apples and milk

Snack: Colorful peppers served with garlic white bean dip and water

## **Thursday, December 12, 2019**

Snack: Muesli (toasted oats, sunflower seeds, dried apricots, and pepitas), served with milk

Lunch: Steamed salmon with Italian herbs, served with butternut squash, brown rice, watermelon and milk

Snack: Cantaloupe served with yogurt and water

## **Friday, December 13, 2019**

Snack: Multi-grain waffle served with a drizzle of maple syrup and milk

Lunch: Vegetable (squash, peppers), black bean and Monterey Jack cheese quesadilla, served with a banana and milk

Snack: Brown rice cake served with sunbutter, served with water

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

