

weekly
menu

Monday, January 13, 2020

Snack: Corn muffin served with milk

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

Snack: Apples, served with house-made sunbutter and water

Tuesday, January 14, 2020

Snack: Cinnamon steel-cut oatmeal with raisins, served with milk

Lunch: Grilled cheese on bakery-fresh, multi-grain bread served with cucumber, watermelon and milk

Snack: Roasted broccoli served with whole wheat pita bread and water

Wednesday, January 15, 2020

Snack: Zucchini bread served with milk

Lunch: Garlic and herb roasted salmon served with mashed potatoes, green beans, pineapple and milk

Snack: Maple-roasted acorn squash served with whole wheat and yam crackers and water

Thursday, January 16, 2020

Snack: Scrambled eggs served with milk

Lunch: Lentil and chickpea falafel with hummus, cucumbers and tomatoes, served with orange slices and milk

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

Friday, January 17, 2020

Snack: Blueberry scone served with milk

Lunch: Turkey breast on a whole wheat wrap with romaine, tomato and cucumber, served with cantaloupe and milk

Snack: White bean dip served with tri-color tortilla chips and water

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

