

weekly **menu**

Monday, February 17, 2020

Snack: Cinnamon oatmeal served with golden raisins and milk

Lunch: Cheese and herb tortellini served with tomato sauce, roasted green beans, apples with milk

Snack: Carrot sticks served with house-made hummus and water

Tuesday, February 18, 2020

Snack: Banana served with milk

Lunch: Roasted vegetable and bean quesadilla served with watermelon and milk

Snack: Baked turkey served with whole wheat pita and water

Wednesday, February 19, 2020

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

Lunch: Grilled cheese with roasted onions and squash, apples and milk

Snack: Sliced cucumber served with a yogurt ranch dip and water

Thursday, February 20, 2020

Snack: House-made granola served with milk

Lunch: Portobello mushroom and black bean slider served with pear slices and milk

Snack: Apples slices served with sunbutter and water

Friday, February 21, 2020

Snack: Organic, plain yogurt topped with cinnamon applesauce and served with milk

Lunch: Vegetable, garbanzo and wild rice soup, served with cantaloupe, bakery-fresh bread and milk

Snack: Artichoke dip served with house-baked tortilla chips and water

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

