

weekly **menu**

Monday, February 24, 2020

Snack: Brown rice cake served with sunbutter and milk

Lunch: Turkey meatballs served with orzo, tomato sauce, roasted green beans, cantaloupe and milk

Snack: Clementine served with whole wheat pita bread and water

Tuesday, February 25, 2020

Snack: Banana served with milk

Lunch: Herbed, breaded and baked chicken strips served with roasted broccoli, sweet potato mash, apple and milk

Snack: Carrot sticks served with cheddar cheese and water

Wednesday, February 26, 2020

Snack: Spiced flax seed bar served with milk

Lunch: Pasta tossed in a cauliflower ricotta and parmesan sauce, served with sliced pears and milk

Snack: House-toasted tortilla chips served with black bean dip and water

Thursday, February 27, 2020

Snack: Steel-cut oatmeal with cinnamon, raisins and flax seed, served with milk

Lunch: House-made sunbutter and jam sandwich on bakery-fresh, whole grain bread, served with cucumber, cantaloupe and milk

Snack: Colorful peppers served with marinated fresh mozzarella and water

Friday, February 28, 2020

Snack: Blueberry bagel served with milk

Lunch: Vegetable and noodle soup, served with oranges and milk

Snack: Apple slices served with house-made sunbutter and water

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

