

weekly menu

Monday, March 16, 2020

Snack: Whole wheat bagel topped with soy butter, served with milk

Lunch: Garlic-marinated tofu and white beans in a roasted pepper wrap, served with pineapple and milk

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

Tuesday, March 17, 2020

Snack: Cinnamon steel cut oatmeal with golden raisins and a drizzle of maple syrup, served with milk

Lunch: Grilled cheese with a basil pesto drizzle, served with kale slaw, sliced pears and milk

Snack: Roasted broccoli and chickpeas served with a sesame dressing, served with water

Wednesday, March 18, 2020

Snack: Banana bread served with milk

Lunch: Bell pepper stuffed with ground turkey and wild rice, topped with cheddar cheese, served with apples and milk

Snack: Clementine served with whole wheat pita bread and water

Thursday, March 19, 2020

Snack: House-made granola served with milk

Lunch: Vegetable soup with lentils served with orange slices and milk

Snack: Hummus served with carrot sticks and water

Friday, March 20, 2020

Snack: Banana served with milk

Lunch: Black bean and cheddar quesadilla served with roasted cauliflower, watermelon and milk

Snack: Cucumber spears served with house made ranch dip and water

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

