

# weekly menu

## **Monday, July 13, 2020**

Snack: Plain yogurt served with raspberries and milk

Lunch: Grilled cheese (muenster and cheddar) with sliced tomato, served with cantaloupe and milk

Snack: Sliced peppers served with whole wheat pita chips and water

## **Tuesday, July 14, 2020**

Snack: Rice cake topped with sun butter and served with milk

Lunch: Veggie meatballs served with mashed sweet potato, sliced watermelon and milk

Snack: Dried apricots served with roasted chickpeas and water

## **Wednesday, July 15, 2020**

Snack: Blueberry oat bar served with milk

Lunch: Summer vegetable (broccoli, carrots, corn) and white bean pasta salad served with sliced apples and milk

Snack: Cucumbers with a carrot hummus and water

## **Thursday, July 16, 2020**

Snack: Banana slices and alphabet cereal mix served with milk

Lunch: Roast salmon served with summer squash, brown rice, sliced oranges and milk

Snack: Steamed broccoli served with a whipped tahini dip and water

## **Friday, July 17, 2020**

Snack: Bliss potato hash browns served with applesauce and milk

Lunch: Black bean, corn and cheddar wrap served with cucumbers, sliced pears and milk

Snack: Apple slices served with sun butter and water

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

