

weekly menu

Monday, July 27, 2020

Snack: Organic, plain yogurt served with fresh blueberries and milk

Lunch: Vegetarian “meatballs” (broccoli, peppers, soy beans, breadcrumbs) served with summer squash and cauliflower mix, brown rice, oranges and milk

Snack: Apple slices served with sunbutter and milk

Tuesday, July 28, 2020

Snack: Banana bread served with milk

Lunch: Miso glazed salmon served with seasoned roasted cauliflower, fingerling potatoes and apple slices

Snack: Sliced, Alphabet-grown cucumbers served with cheddar cheese and water

Wednesday, July 29, 2020

Snack: House made granola served with milk

Lunch: Mozzarella, tomato and Alphabet-grown basil on a whole wheat wrap served with cantaloupe and milk

Snack: Carrot hummus served with garlic pita chips and water

Thursday, July 30, 2020

Snack: Red bliss potato hash browns served with applesauce and milk

Lunch: Roast chicken with a zucchini, tomato and kale sauce, toasty noodles and pears served with milk

Snack: Apricot and sunflower seed trail mix served with water

Friday, July 31, 2020

Snack: House made cereal mix (puffed rice, corn flakes, bran flakes) served with milk

Lunch: Sunbutter and jam sandwich on bakery-fresh bread, served with carrot sticks, fresh raspberries and milk

Snack: Steamed broccoli served with whipped tahini and water

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

