

weekly menu

Monday, September 14, 2020

Snack: Banana bread served with milk

Lunch: Vegetable “meatballs” (broccoli, peppers, soy beans, bread crumbs) with a red pepper sauce, served with brown rice, snap peas and watermelon

Snack: Rice cake served with house-made sun butter and water

Tuesday, September 15, 2020

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

Lunch: Grilled cheese on bakery-fresh, whole wheat bread, served with green beans, orange slices and milk

Snack: Whole wheat crisps served with a cucumber, yogurt tzatziki sauce and water

Wednesday, September 16, 2020

Snack: Mixed berry oat bar served with milk

Lunch: Honey mustard roasted chicken served with mashed potatoes, roasted zucchini, apple and milk

Snack: Alphabet trail mix (sunflower seeds, dried apricots, pumpkin seeds, raisins, pretzels pieces) served with water

Thursday, September 17, 2020

Snack: Plain, organic yogurt served with a spiced pear compote and milk

Lunch: Potato gnocchi topped with tomato basil sauce and parmesan, served with roasted cauliflower, peaches and milk

Snack: Chunky tomato salsa served with corn tortilla chips and water

Friday, September 18, 2020

Snack: Whole banana served with milk

Lunch: Tofu tacos with cheese, lettuce and tomatoes, served with pears and milk

Snack: Baked turkey breast served with carrots and water

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

