

weekly **menu**

Monday, September 21, 2020

Snack: Rice cake served with housemade sunbutter and milk

Lunch: Vegetarian “meatballs” with a red pepper sauce with herbed brown rice, pineapple and roast cauliflower, served with milk

Snack: Basil and white bean dip served with carrots and water

Tuesday, September 22, 2020

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

Lunch: Mac and cheese infused with Alphabet-grown butternut squash, served with snap peas and apples, served with milk

Snack: 1 PM dismissal for professional development

Wednesday, September 23, 2020

Snack: Banana and flax seed muffin served with milk

Lunch: Tofu and turkey enchiladas with peppers, served with oranges and milk

Snack: Corn tortilla chips served with a pineapple, black bean and cilantro salsa and water

Thursday, September 24, 2020

Snack: Crispy potato hash browns served with applesauce and milk

Lunch: Lemon butter roasted salmon, served with a wild rice/quinoa mix, corn on the cob, apple slices and milk

Snack: Whole wheat pita bread served with an Alphabet-grown eggplant, black bean dip and water

Friday, September 25, 2020

Snack: Whole banana served with milk

Lunch: Sunbutter and jam sandwich on bakery-fresh bread, served with strawberries, green beans and milk

Snack: Alphabet trail mix (toasted sunflower and pumpkin seeds, raisins, apricots, pretzel pieces and oats) served with water

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

