

weekly menu

Monday, September 28, 2020

Snack: Plain, organic yogurt topped with a mixed berry compote, served with milk

Lunch: Turkey meatloaf served with brown rice, roasted broccoli, watermelon and milk

Snack: Carrot sticks served with red pepper bean dip and water

Tuesday, September 29, 2020

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

Lunch: Cheddar grilled cheese on bakery-fresh bread, served with tomato soup, apple and milk

Snack: Greek-herbed toasted pita bread served with tzatziki sauce and water

Wednesday, September 30, 2020

Snack: French toast bread pudding served with milk

Lunch: Cheese ravioli tossed with a nut-free pesto, served with roasted cauliflower, pear and milk

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

Thursday, October 1, 2020

Snack: Pumpkin spiced oat muffin served with milk

Lunch: Potato and herb-crusted tofu with honey mustard (on the side), served with wild rice, cucumbers, orange slices with milk

Snack: Dried apricots served with cheddar cheese and water

Friday, October 2, 2020

Snack: Whole banana served with milk

Lunch: Veggie “meatballs” served with buttery noodles, green beans, apple and milk

Snack: Cantaloupe served with mozzarella cheese and water

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

