

weekly **menu**

Monday, October 19, 2020

Snack: Plain, organic yogurt topped with blueberries and toasted oats, served with milk

Lunch: Blackbean quesadilla served with peppers and watermelon and milk

Snack: Rice cake served with housemade sunbutter and water

Tuesday, October 20, 2020

Snack: Pumpkin spiced waffle with a drizzle of maple syrup, served with milk

Lunch: Turkey and vegetable chili served with cornbread, sliced pears and milk

Snack: Whole wheat pita bread served with red pepper dip and water

Wednesday, October 21, 2020

Snack: Alphabet cereal mix served with milk

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

Snack: Turkey served with cheddar cheese and water

Thursday, October 22, 2020

Snack: Housemade granola served with milk

Lunch: Roasted chicken served with whipped mash potatoes, roasted broccoli, pineapple and milk

Snack: Carrots served with artichoke spinach spread and water

Friday, October 23, 2020

Snack: Banana served with milk

Lunch: Cheese ravioli topped with parmesan basil sauce, served roasted squash, sliced oranges and milk

Snack: Fruit salad with apples, pears, blueberries and watermelon served with water

Please note: We cook with onions, garlic, olive oil, salt, pepper, balsamic vinegar, lemon

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

