

weekly menu

Monday, October 26, 2020

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

Lunch: Flatbread pizza (tomato sauce, mozzarella) served with roasted green beans, pear and milk

Snack: Rice cake topped with housemade sunbutter, served with water

Tuesday, October 27, 2020

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

Lunch: Turkey meatloaf served with roasted brussel sprouts, yukon gold potato salad, sliced peaches and milk

Snack: Alphabet trail mix (sunflower seeds, pumpkin seeds, craisins, dried apricots, pretzel pieces, oats), served with water

Wednesday, October 28, 2020

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

Lunch: BBQ tofu with cheddar cheese on whole wheat wraps, served with roasted cauliflower, cantaloupe and milk

Snack: Pasta salad with tomato, feta and basil, served with water

Thursday, October 29, 2020

Snack: Mixed berry and oat bar served with milk

Lunch: Creamy Chicken soup (gnocchi, peas, carrots, celery, white beans) served with apple and milk

Snack: Hearty spinach and chickpea dip served with whole wheat toast and water

Friday, October 30, 2020

Snack: Whole banana served with milk

Lunch: Housemade sunbutter and jam sandwich on bakery-fresh bread, served with orange slices, peppers and milk

Snack: Fruit salad with mint, served with water

Please note: We cook with onions, garlic, olive oil, salt, pepper, balsamic vinegar, apple cider vinegar, soy products, sunflower oil and lemon

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

