

weekly **menu**

Monday, January 11, 2021

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

Lunch: Whole wheat penne pasta topped with roasted garlic marinara, served with roasted squash and white beans, cantaloupe and milk

Snack: Rice cake served with housemade sun butter and water

Tuesday, January 12, 2021

Snack: Plain yogurt served with apple cinnamon compote and milk

Lunch: Vegetable tofu chili served with cornbread, apple slices and milk

Snack: Cucumbers served with cheddar cheese and water

Wednesday, January 13, 2021

Snack: Banana bread served with milk

Lunch: Chicken stir fry with peppers and broccoli over brown rice, served with orange slices and milk

Snack: Sweet potato au gratin served with water

Thursday, January 14, 2021

Snack: House made granola served with milk

Lunch: Muenster and cheddar grilled cheese on bakery-fresh bread, served with creamy tomato soup, pear slices and milk

Snack: Carrots served with roasted garlic hummus and water

Friday, January 15, 2021

Snack: Cheddar biscuit served with milk

Lunch: Tuna pasta salad served with roasted green beans, watermelon and milk

Snack: Fruit salad served with pretzels and 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

