

weekly **menu**

Monday, January 18, 2021

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Tuesday, January 19, 2021

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

Lunch: Hummus and cheese on a whole wheat wrap served with fresh peppers, pineapple slices, and milk

Snack: Rice cake served with homemade sunbutter and water

Wednesday, January 20, 2021

Snack: Pumpkin spice waffle served with a drizzle of maple syrup and milk

Lunch: Cheese ravioli topped with a roasted garlic and white bean marinara sauce, served with carrots, apple slices and milk

Snack: Baked oatmeal raisin bar served with banana and water

Thursday, January 21, 2021

Snack: Plain yogurt served with apple compote and milk

Lunch: Turkey meatloaf served with quinoa/wild rice mix, rosemary roasted cauliflower, orange slices and milk

Snack: Garlic toasted flatbread served with with red pepper hummus and water

Friday, January 22, 2021

Snack: Cranberry orange muffin served with milk

Lunch: French bread style pizza on bakery-fresh whole grain bread, served with roast broccoli, watermelon with milk

Snack: Clementine 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

