

weekly menu

Monday, May 3, 2021

Snack: Oatmeal fruit bar served with milk

Lunch: Black bean quesadilla, served with a dollop of sour cream, sliced peppers, cantaloupe and milk

Snack: House-made sunbutter served with a rice cake and water

Tuesday, May 4, 2021

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

Lunch: Turkey meatballs, served with sugar snap peas, wild rice, apple slices and milk

Snack: Roasted garlic and red pepper hummus served with carrots and water

Wednesday, May 5, 2021

Snack: House-made cinnamon raisin focaccia served with cream cheese and milk

Lunch: Cauliflower and ricotta mac and cheese, served with asparagus, pineapple and milk

Snack: Fruit salad served with pretzels and water

Thursday, May 6, 2021

Snack: Plain yogurt served with blueberry compote and milk

Lunch: Sweet potato and red lentil soup served with bakery-fresh bread, Cara Cara oranges and milk

Snack: Sliced pears served with cheddar cheese and water

Friday, May 7, 2021

Snack: Alphabet granola served with milk

Lunch: House-made focaccia pizza served with roasted broccoli, melon and milk

Snack: Black bean and pineapple salsa served with tortilla chips 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

