

weekly menu

Monday, May 10, 2021

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

Lunch: Veggie meatballs served with a dollop of vegan ranch, red bliss mashed potatoes, roasted asparagus, watermelon and milk

Snack: House made sunbutter served with sliced apples and water

Tuesday, May 11, 2021

Snack: Oat breakfast bar served with milk

Lunch: Turkey and vegetable chili served with cornbread, cantaloupe and milk

Snack: Sliced strawberries served with cheddar cheese and water

Wednesday, May 12, 2021

Snack: Cinnamon biscuit served with milk

Lunch: Black bean and cheddar taco wraps, served with sliced red pepper, watermelon and milk

Snack: Fruit salad served with pretzels and water

Thursday, May 13, 2021

Snack: Cocoa waffle served with a drizzle of maple and milk

Lunch: Roasted salmon with lemon and herbs, served with garlic broccoli, wild rice, orange slices and milk

Snack: Red pepper and roast garlic hummus served with carrots and water

Friday, May 14, 2021

Snack: Banana served with milk

Lunch: Butternut squash mac and cheese, served with snap peas, apple slices and milk

1PM DISMISSAL - PROFESSIONAL DEVELOPMENT

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

