

weekly menu

Monday, July 26, 2021

Snack: Oatmeal and raisin sunbutter bar served with milk

Lunch: Turkey meatloaf served with herbed brown rice, roasted wax beans, orange slices and milk

Snack: Red pepper hummus served with bakery-fresh baguette and water

Tuesday, July 27, 2021 (South Campus field trip)

Snack: Plain yogurt served with berries and milk

Lunch: Southwest cauliflower and black bean quesadilla, served with pineapple, cucumbers and milk

Snack: Colorful peppers served with guacamole and water

Wednesday, July 28, 2021 (North Campus field trip)

Snack: Breakfast oat bar served with milk

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

Snack: Rice cake served with housemade sunbutter and water

Thursday, July 29, 2021

Snack: Cinnamon biscuit served with milk

Lunch: Veggie meatballs with a dollop of vegan ranch, served with roasted summer squash, noodles, sliced peaches and milk

Snack: Watermelon served with whipped ricotta, mint and water

Friday, July 30, 2021

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

Lunch: Housemade focaccia pizza served with green beans, clementine and milk

Snack: Summer fruit salad served with pretzels and water

**Field trip lunch: Sunbutter and jam sandwich on bakery-fresh bread, served with carrots, apple and milk*

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

