

weekly
menu

Monday, September 13, 2021

Snack: Alphabet granola served with milk

Lunch: Sunbutter and jam sandwich on bakery-fresh bread, served with cucumber spears, oranges and milk

Snack: Fruit salad served with pretzels and water

Tuesday, September 14, 2021

Snack: Plain yogurt served with fresh blackberries and milk

Lunch: Roast garlic turkey and roasted vegetable quesadilla, served with fresh peppers, pineapple and milk

Snack: Artichoke spinach dip served with carrots and water

Wednesday, September 15, 2021

Snack: Blueberry cornbread served with milk

Lunch: Red lentil and sweet potato soup served with bakery fresh bread, apple wedges and milk

Snack: Marinated tomato and mozzarella salad served with water

Thursday, September 16, 2021

Snack: Breakfast oat bar served with milk

Lunch: Chicken salad sliders on bakery-fresh bread, served with roasted green beans, cantaloupe and milk

Snack: Guacamole served with tortilla chips and water

Friday, September 17, 2021

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

Lunch: Butternut squash mac and cheese served with parmesan dusted cauliflower, orange slices and milk

Snack: Banana served with house made sunbutter 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, Sugar Maple Farms, D'Artagnan Meat, Plowshares Honey, Paganos Seafood

