

weekly **menu**

Monday, September 20, 2021

Snack: Alphabet granola served with milk

Lunch: Whole wheat penne with sundried tomato pesto, served with fall succotash (fava beans, corn and cauliflower), apple slices and milk

Snack: Roast garlic hummus served with carrots and water

Tuesday, September 21, 2021

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

Lunch: Vegetable meatballs topped with house made marinara sauce served with brown rice, roasted green beans, melon and milk

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

Wednesday, September 22, 2021

Snack: Plain yogurt served with fresh blueberries and milk

Lunch: Falafel and chickpea wrap with lettuce and a vegan ranch dressing, served with cucumbers, watermelon and milk

Snack: Cheese biscuit served with dried apricots and water

Thursday, September 23, 2021

Snack: Breakfast oat bar with milk

Lunch: Teriyaki-glazed salmon served with peppers, herbed brown rice, sliced peaches and milk

Snack: Honeydew and fresh mozzarella salad served with water

Friday, September 24, 2021

Snack: Banana served with milk

Lunch: Sloppy joes (turkey) with cheddar cheese, on bakery fresh bread, served with garlicky snap peas, oranges and milk

Snack: Fruit salad 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, Sugar Maple Farms, D'Artagnan Meat, Plowshares Honey, Paganos Seafood

