

weekly menu

Monday, October 11, 2021

Snack: Rice cake served with house made sun butter and milk

Lunch: Mac and cheese infused with butternut squash and parmesan, served with roasted snap peas, sliced nectarines and milk

Snack: House made red pepper hummus served with carrots

Tuesday, October 12, 2021

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

Lunch: Grilled cheese (cheddar and provolone) on bakery-fresh bread, served with roasted garlic broccoli, sliced pears and milk

Snack: Cantaloupe served with pretzels and water

Wednesday, October 13, 2021

Snack: Breakfast oat bar served with milk

Lunch: Kale, roasted veggie and cheddar wrap served with roasted cauliflower, pineapple slices and milk

Snack: Colorful peppers served with marinated fresh mozzarella

Thursday, October 14, 2021

Snack: Whole banana served with milk

Lunch: Crispy, baked chicken marinated in lemon and herbs, served with orzo, roasted delicata squash, honey crisp apples and milk

Snack: Guacamole served with tortilla chips and water

Friday, October 15, 2021

Snack: Plain yogurt served with a mixed fruit puree and milk

Lunch: Housemade focaccia pizza, served with baked green beans, sliced nectarines and milk

Snack: Fruit salad served with bakery fresh baguette 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

