

weekly menu

Monday, January 14, 2022

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

Lunch: Butternut squash mac and cheese, served with roasted green beans, apples and milk

Snack: Colorful peppers served with roasted garlic hummus and water

Tuesday, January 14, 2022

Snack: Plain yogurt with raspberry puree and milk

Lunch: Vegetable meatballs with a dollop of vegan ranch, served wild rice, roasted broccoli, oranges and milk

Snack: Watermelon served with flatbread and water

Wednesday, January 14, 2022

Snack: Breakfast oat bar served with milk

Lunch: Turkey and vegetable chili served with cornbread and milk

Snack: Cucumber and cheddar cheese served with water

Thursday, January 14, 2022

Snack: Housemade sunbutter served with a banana and milk

Lunch: Grilled cheese (provolone and cheddar) on multi-grain bakery-fresh bread, served with creamy tomato soup, cara cara oranges and milk

Snack: Pears served with Alphabet trail mix and water

Friday, January 14, 2022

Snack: Alphabet granola served with milk

Lunch: Falafel and chickpea wrap with shredded lettuce, served with roasted snap peas, pineapple 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

Please be aware that due to the current fallout from the Covid epidemic that is affecting the labor and supply lines, there will be instances where we will need to modify the menu.

Local Vendors include: WholeG Bakery, Sugar Maple Farms, D'Artagnan Meat, Plowshares Honey, Paganos Seafood

