

weekly **menu**

Monday, May 23, 2022

Snack: Alphabet cereal with milk

Lunch: Creamy penne pasta with asparagus, served with zucchini and peppers, apples and milk

Snack: Roasted garlic hummus served with carrots and water

Tuesday, May 24, 2022

Snack: Steel cut oatmeal with raisins, served with milk

Lunch: Colorful pepper, black bean and cheddar cheese wrap with broccoli, served with watermelon and milk

Snack: California peaches served with marinated mozzarella and water

Wednesday, May 25, 2022

Snack: Whole wheat pancake topped with a drizzle of maple syrup, served with milk

Lunch: Falafel seasoned vegetable meatballs, served with couscous, cucumbers (with a drizzle of vegan tzatziki sauce), cantaloupe and milk

Snack: Edamame served with pretzels and water

Thursday, May 26, 2022

Snack: Plain yogurt served with fresh blueberries and milk

Lunch: Turkey meatloaf served with wild rice, roast green beans, pineapple and milk

Snack: Clementine with bakery-fresh baguette and water

Friday, May 27, 2022

Snack: Alphabet granola served with milk

Lunch: Sunbutter and jam sandwich on bakery-fresh, multi-grain bread, served with carrots, cara cara oranges and milk

Snack: Fruit salad served with cheddar cheese 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

