

weekly **menu**

Monday, June 20, 2022

Snack: Alphabet cereal served with milk

Lunch: Mac and cheese infused with butternut squash and parmesan, served with roasted broccoli, nectarines and milk

Snack: Fruit salad served with whole wheat pita and water

Tuesday, June 21, 2022

Snack: Banana served with milk

Lunch: Turkey chili topped with cheddar cheese, served with cornbread, watermelon and milk

Snack: Apple slices served with house made sunbutter and water

Wednesday, June 22, 2022

Snack: Steel cut oats topped with blueberries, served with milk

Lunch: Roasted zucchini and corn quesadilla with chickpea spread and mozzarella, served with honey dew melon and milk

Snack: Baked sweet potato served with vegan white bean ranch and water

Thursday, June 23, 2022

Snack: Cheddar and pepper frittata served with milk

Lunch: Roast chicken piccata (lemon and capers) with herbed couscous, served with roast asparagus, oranges and milk

Snack: Guacamole served with tortilla chips and water

Friday, June 24, 2022

Snack: Breakfast oat bar served with milk`

Lunch: Sunbutter and jam sandwich on bakery-fresh bread, served with carrots, apples and milk

Snack: Marinated mozzarella served with colorful peppers 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

