

weekly **menu**

Monday, September 19, 2022

Snack: Alphabet granola served with milk

Lunch: Butternut squash infused mac and cheese, served with roasted broccoli, pears and milk

Snack: Rice cake served with housemade sun butter and water

Tuesday, September 20, 2022

Snack: Alphabet cereal served with milk

Lunch: Vegetable stir-fry (snow peas, carrots, kale, soy beans), served with brown rice, oranges and milk

Snack: Roasted green beans served with cheddar cheese and water

Wednesday, September 21, 2022

Snack: Breakfast oat bar served with milk

Lunch: Roasted corn, zucchini and black bean wrap with cheddar, served with colorful peppers, pineapple and milk

Snack: Guacamole served with tortilla chips and water

Thursday, September 22, 2022

Snack: Zucchini bread served with milk

Lunch: Baked turkey bento box with cucumbers, bakery-fresh baguette and oranges, served with milk

Snack: Fruit salad served with pretzels and water

Friday, September 23, 2022

Snack: Chive and mozzarella frittata served with milk

Lunch: Sun butter and jam sandwich on bakery-fresh, multi-grain bread, served with with carrots, apples and milk

Snack: Watermelon served with whole grain pita bread 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

