

weekly menu

Monday, September 18, 2023

Snack: Breakfast oat bar served with milk

Lunch: Broccoli and kale pesto (with sunflower seeds) over gemelli pasta topped with parmesan, served with cantaloupe, carrots and milk

Snack: Roasted garlic and lemon hummus served with toasted flatbread and water

Tuesday, September 19, 2023

Snack: Fresh berries served with milk

Lunch: Baked salmon with a maple mustard glaze, served with roasted green beans, wild rice, apples and milk

Snack: Colorful peppers served with fresh mozzarella and water

Wednesday, September 20, 2023

Snack: Steel cut oats with flaxseeds, served with golden raisins and water

Lunch: Vegetable meatballs served with a drizzle of vegan ranch, herbed couscous, garlic broccoli, melon and milk

Snack: Dried apricots served with a rice cake and water

Thursday, September 21, 2023

Snack: Banana served served with milk

Lunch: Turkey vegetable meatloaf served with red bliss potato salad, glazed carrots, a clementine and milk

Snack: Alphabet trail mix (Crispix cereal, pumpkin seeds, dried apricots, raisins, sunflower granola) served with toasted pita and water

Friday, September 22, 2023

Snack: Cocoa dusted pastry served with milk

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

Snack: Fruit salad served with fresh mozzarella 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

