

weekly menu

Monday, April 15, 2024

Snack: Plain yogurt topped with a blueberry compote, served with milk

Lunch: Arugula and kale pesto over rigatoni with roast cauliflower, served with apples and milk

Snack: Roasted garlic hummus served with colorful peppers and water

Tuesday, April 16, 2024

Snack: Overnight oats with toasted banana, flax seed and a drizzle of maple syrup, served with milk

Lunch: Roast salmon with a maple mustard glaze, served with lemony orzo, roasted green beans, melon and milk

Snack: Cheddar cheese served with carrots and water

Wednesday, April 17, 2024

Snack: Cheddar biscuit served with milk

Lunch: Za'atar spiced roast vegetable wrap with zucchini, peppers, caramelized onions and garlic hummus, served with cucumbers, clementines and milk

Snack: Guacamole served with tortilla chips and water

Thursday, April 18, 2024

Snack: Banana served with sunbutter and milk

Lunch: Homemade focaccia with tomato, mozzarella and basil served with carrots, Cara Cara oranges and milk

Snack: Dried apricot served with toasted pita and water

Friday, April 19, 2024

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

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

Snack: Watermelon served with pretzel bites 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

