

weekly menu

Monday, May 20, 2024

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

Lunch: Butternut squash mac and cheese topped with parmesan cheese, served with green beans, apples and milk

Snack: Sunbutter served with a rice cake and water

Tuesday, May 21, 2024

Snack: Banana served with milk

Lunch: Southwest seasoned broccoli and cheddar wrap with a black bean spread, served with colorful peppers, pineapple and milk

Snack: Guacamole served with tortilla chips and water

Wednesday, May 22, 2024

Snack: Overnight oats with dried fruit and maple served with milk

Lunch: Roasted cod with smoked paprika and lemon served with wild rice, green asparagus, melon and milk

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

Thursday, May 23, 2024

Snack: Alphabet granola served with milk

Lunch: Turkey meatballs with a caramelized onion jus, served with farro tabbouleh, cucumbers, apples and milk

Snack: Pretzel bread served with fresh mozzarella and water

Friday, May 24, 2024

Snack: Fruit oat bar served with milk

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

Snack: Fruit salad served with a rice cake 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

