

Monday, July 29, 2024

Snack: Alphabet granola served with milk

Lunch: Cauliflower alfredo mac and cheese served with garlic green beans, oranges and milk

Snack: Roasted garlic and lemon hummus served with a rice cake and water

Tuesday, July 30, 2024

Snack: Fresh berries served with milk

Lunch: Sunbutter and jam sandwich on bakery-fresh, whole wheat bread, served with carrots, apple slices and milk

Snack: Tomato caprese salad with Alphabet garden-fresh basil, served with water

Wednesday, July 31, 2024

Snack: Banana bread served with milk

Lunch: Housemade falafel topped with tzatziki sauce, served with roasted potatoes, cucumbers, pineapple and milk

Snack: Artichoke spinach dip served with tortilla chips and water

Thursday, August 1, 2024

Snack: Plain yogurt topped with roasted peaches and toasted oats, served with milk

Lunch: Turkey taco salad with lettuce and red cabbage topped with cheddar cheese and a lime cilantro dressing, served with tortilla chips, melon and milk

Snack: Dried apricots served with toasted pita and water

Friday, August 2, 2024

Snack: Breakfast oat bar served with milk

Lunch: House-made focaccia 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

weekly **menu**

