

weekly menu

Monday, September 16, 2024

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

Lunch: Butternut squash-infused mac and cheese with parmesan, served with roasted green beans, pears and milk

Snack: Dried apricots served with toasted pita and water

Tuesday, September 17, 2024

Snack: Fresh berries topped with toasted oats, served with milk

Lunch: Aloo galbi (cauliflower & potato) with lentils, served with brown rice, roasted broccoli, plums and milk

Snack: Cherry tomatoes with marinated fresh mozzarella, served with water

Wednesday, September 18 2024

Snack: Banana served with milk

Lunch: Egg salad sandwich on bakery-fresh whole wheat bread, served with carrots, peaches and milk

Snack: Sweet potato hummus served with cucumbers

Thursday, September 19, 2024

Snack: Blueberry yogurt served with milk

Lunch: Roast chicken in a herbed lemon jus, served with wild rice, corn on the cob, apples, and milk

Snack: Fruit salad served with cheddar cheese and water

Friday, September 20, 2024

Snack: Zucchini bread with milk

Lunch: House-made focaccia with tomato, mozzarella, fresh basil and peppers, served with oranges and milk

Snack: House-made sunbutter 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

