

weekly menu



Monday, September 23, 2024

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

Lunch: Tofu bolognese over farfalle pasta topped with parmesan served with roasted garlic broccoli, apple and milk

Snack: Roasted garlic and lemon hummus served with bakery-fresh baguette and water

Tuesday, September 24, 2024

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

Lunch: Roasted salmon with a maple mustard sauce, served with wild rice, roasted green beans and plums, served with milk

Snack: Apple served with cheddar cheese and water

Wednesday, September 25, 2024

Snack: Bakery-fresh, pretzel bagel topped with whipped cream cheese, served with milk

Lunch: House-made falafel topped with Tzatziki sauce, served with roasted potatoes, cucumbers, orange and milk

Snack: Roast corn salsa served with toasted pita bread and water

Thursday, September 26, 2024

Snack: Maple cranberry biscuit served with milk

Lunch: Turkey taco salad with romaine and shredded cabbage topped with cheddar cheese, topped with lime vegan ranch, served with tortilla chips, melon and milk

Snack: Rice cake topped with house made sunbutter and water

Friday, September 27, 2024

Snack: Cocoa waffles with a drizzle of maple, served with milk

Lunch: Southwest seasoned black bean and cheese quesadilla, served with peppers, pineapple and milk

Snack: Early Dismissal

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