

weekly menu

Monday, September 30, 2024

Snack: Alphabet granola served with milk

Lunch: Pasta fagioli (tomato, white beans, kale, olives), served with roasted cauliflower, pears and milk

Snack: Dried apricots served with a rice cake and water

Tuesday, October 1, 2024

Snack: Mini croissant served with milk

Lunch: Red lentil and butternut squash soup topped with toasted pumpkin seeds, served with bakery-fresh baguette, carrots, plums and milk

Snack: Cucumber served with fresh mozzarella and water

Wednesday, October 2, 2024

Snack: Blueberry yogurt served with milk

Lunch: Vegetable meatballs drizzled with vegan ranch, served Israeli couscous, roasted broccoli, oranges and milk

Snack: Fruit salad served with warm bakery-fresh pretzel bread and water

Thursday, October 3, 2024

Snack: Egg and potato frittata served with milk

Lunch: Turkey chili topped with cheddar cheese, served with cornbread, colorful peppers, melon and milk

Snack: Banana served with sunbutter and water

Friday, October 4, 2024

Snack: Pumpkin spiced oat bars served with milk

Lunch: Sunbutter and jam sandwich on bakery-fresh bread, served with cucumbers, plums and milk

Snack: Guacamole served with tortilla chips 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

