

weekly menu

Monday, November 4, 2024

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

Lunch: Tofu bolognese over rigatoni pasta, topped with parmesan, served with roasted broccoli, oranges and milk

Snack: Roast garlic and lemon hummus served with toasted pita bread and water

Tuesday, November 5, 2024

Snack: Blueberry yogurt served with milk

Lunch: Roast salmon with a ginger dill vinaigrette, served wild rice, roasted green beans, apples and milk

Snack: Fresh mozzarella and tomato salad served with water

Wednesday, November 6, 2024

Snack: Breakfast fruit oat bar served with milk

Lunch: Toscano wrap with roast zucchini, mozzarella, roast peppers and hummus, served with cucumbers, pineapple and milk

Snack: Sunbutter served with a rice cake and water

Thursday, November 7, 2024

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

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

Snack: Guacamole served with tortilla chips and water

Friday, November 8, 2024

Snack: Banana served with milk

Lunch: Grilled cheese on bakery-fresh bread, served with tomato soup, carrots, oranges and milk

Snack: Fruit salad served with a toasted flatbread 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

