

weekly menu

Monday, December 16, 2024

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

Lunch: Cauliflower mac and cheese served with snap peas, apples and milk

Snack: Roast garlic hummus served with carrots and water

Tuesday, December 17, 2024

Snack: Plain yogurt topped with berry puree, served with milk

Lunch: Roast salmon with a ginger-dill vinaigrette, served with wild rice, garlic broccoli, oranges and milk

Snack: House-made sun butter served with a rice cake and water

Wednesday, December 18, 2024

Snack: Breakfast oat bar served with milk

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

Snack: Artichoke dip with cucumbers and water

Thursday, December 19, 2024

Snack: Alphabet granola served with milk

Lunch: Caramelized onion quesadilla with marinated chickpeas and arugula, served with carrots, pears and milk

Snack: Clementine with toasted, whole-grain pita bread and water

Friday, December 20, 2024

Snack: Banana served with milk

Lunch: House-made focaccia topped with tomatoes, mozzarella and fresh basil, served with cucumbers, apples 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

