

# weekly menu

## **Monday, January 20, 2025**

CLOSED - MARTIN LUTHER KING, JR. DAY

## **Tuesday, January 21, 2025**

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

Lunch: Butternut squash mac and cheese served with garlic snap peas, Cara Cara oranges and milk

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

## **Wednesday, January 22, 2025**

Snack: Cinnamon raisin biscuit served with milk

Lunch: Southwest seasoned black bean quesadilla with caramelized onions, served with colorful peppers, melon and milk

Snack: Guacamole served with tortilla chips and water

## **Thursday, January 23, 2025**

Snack: Pumpkin spiced oat bar served with milk

Lunch: Roast chicken with a drizzle of BBQ sauce, served with warm 'smoky' potato salad, roasted broccoli, pears and milk

Snack: Clementine served with cheddar cheese and water

## **Friday, January 24, 2025**

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

Lunch: House-made focaccia topped with tomatoes, mozzarella and basil, served with carrots, apples and milk

Snack: Dried apricots served with toasted pita 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*