

weekly menu



Monday, April 28, 2025

Snack: Alphabet granola served with milk

Lunch: Pasta primavera with peas, summer squash, shaved carrots and parmesan, served with roast cauliflower, apples and milk

Snack: Clementine served with a rice cake and water

Tuesday, April 29, 2025

Snack: Dried cranberry and cocoa fruit oat bars served with milk

Lunch: Roast salmon with Everything Bagel Spice and lemon oil, served with herbed basmati rice, roasted asparagus, pears and milk

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

Wednesday, April 30, 2025

Snack: Hashbrowns served with pear sauce, served with milk

Lunch: Roast vegetable meatballs with a tzatziki sauce, served with quinoa tabbouleh, steamed broccoli, oranges and milk

Snack: Cherry tomato and fresh mozzarella salad served with water

Thursday, May 1, 2025

Snack: Baked frittata with feta and chives served with milk

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

Snack: Sweet potato hummus served with tortilla chips and water

Friday, May 2, 2025

Snack: Cinnamon biscuits served with milk

Lunch: Sunbutter and jam sandwich on bakery-fresh sbread erved with carrots, melon and milk

Snack: Dried apricots served with cheddar cheese 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