

Monday, October 6, 2025

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

Lunch: Arugula and basil pesto over pasta topped with sun dried tomatoes and parmesan cheese, served with garlic-roasted cauliflower, apples and milk

Snack: Dried apricots served with a rice cake

Tuesday, October 7, 2025

Snack: Whole wheat bagel topped with whipped cream cheese, served with milk

Lunch: Roast salmon with a maple mustard sauce, served with herbed farro, steamed broccoli, blood oranges and milk

Snack: Fresh mozzarella served with colorful peppers

Wednesday, October 8, 2025

Snack: Breakfast oat bar served with milk

Lunch: Housemade falafel topped with a drizzle of vegan ranch, served with herbed roasted carrots, watermelon and milk

Snack: Artichoke spinach dip served with pretzel bread

Thursday, October 9, 2025

Snack: Zucchini bread served with milk

Lunch: Chicken and orzo soup with potatoes and leeks, served with roasted butternut squash, pineapple, bakery-fresh baguette and milk

Snack: Whipped sweet potato served with pita chips

Friday, October 10, 2025

Snack: Berry yogurt topped with toasted oats

Lunch: Egg salad sandwich with avocado on bakery-fresh, whole wheat bread, served with cucumber spears, local Macoun apples and milk

Snack: Clementine served with a rice cake

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

