

Monday, December 1, 2025

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

Lunch: Tofu bolognese with parmesan served over cavatappi pasta, served with garlic-roasted broccoli, oranges and milk

Snack: Housemade sunbutter with a rice cake

Tuesday, December 2, 2025

Snack: Alphabet granola served with milk

Lunch: Tagine-spiced vegetable meatballs served with green beans, herbed couscous with mushrooms, apples and milk

Snack: Cheddar cheese with toasted pita bread

Wednesday, December 3, 2025

Snack: Pretzel bagel served with whipped cream cheese and milk

Lunch: Portuguese black bean soup with corn, pepper and a dollop of sour cream, served with tortilla chips, watermelon, carrots and milk

Snack: Parmesan and thyme biscuit

Thursday, December 4, 2025

Snack: Blueberry yogurt topped with toasted oats, served with milk

Lunch: California wrap (baked turkey, avocado, mozzarella, arugula), served with peppers, pineapple and milk

Snack: Dried apricots with fresh bakery-fresh baguette

Friday, December 5, 2025

Snack: Banana served with milk

Lunch: Sunbutter and jam sandwich on bakery-fresh bread, served with cucumbers, oranges and milk

Snack: Marinated fresh mozzarella with 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

weekly
menu

