

# weekly menu

GREENFIELD HILL

## **Monday, January 19, 2026**

CLOSED: DR. MARTIN LUTHER KING, JR. DAY

## **Tuesday, January 20, 2026**

Snack: Plain Greek yogurt served with Alphabet granola

Lunch: Chicken paprikash, egg noodles, and roasted Brussels sprouts, served with apples and milk

Snack: Rice cake topped with sunbutter and berries

## **Wednesday, January 21, 2026**

Snack: Apple cinnamon oatmeal served with milk

Lunch: Baked cod, served with mixed squash, roasted asparagus, sliced apples and milk

Snack: Sweet potato and cauliflower waffle

## **Thursday, January 22, 2026**

Snack: Banana rolled in peanut butter and Rice Krispies

Lunch: Falafel served with toasted pita and cottage cheese tzatziki, served with fruit salad and milk

Snack: Apples and cheddar cheese

## **Friday, January 23, 2026**

Snack: Zucchini bread served with milk

Lunch: Peanut butter and jam sandwich on bakery-fresh bread, served with sliced pears, carrot sticks and milk

Snack: Caprese salad skewers (tomato, mozzarella, and basil)

