

weekly **menu**

Monday, March 2, 2026

Snack: Alphabet granola served with milk

Lunch: Tortellini topped with a mushroom Alfredo sauce with sundried tomatoes and peas, served with steamed broccoli, oranges and milk

Snack: Apples served with a rice cake

Tuesday, March 3, 2026

Snack: Banana bread served with milk

Lunch: Roast salmon with South African curry sauce, served with wild rice, green beans, pears and milk

Snack: Marinated mozzarella with cucumbers

Wednesday, March 4, 2026

Snack: Breakfast oat bar served with milk

Lunch: Vegetable chili (butternut squash, peppers and beans) topped with cheddar cheese served with cornbread, carrots, pineapple and milk

Snack: Tortilla chips with a spinach artichoke dip

Thursday, March 5, 2026

Snack: Overnight oats with dried cranberries and blueberries

Lunch: Tagine-spiced baked turkey served with zaatar and sumac-roasted brussel sprouts, herbed couscous, melon and milk

Snack: Sweet potato served with toasted pita

Friday, March 6, 2026

Snack: Vegan carrot bread served with milk

Lunch: Egg salad sandwich on bakery-fresh, whole wheat bread, served with cucumbers, apples and milk

Snack: Clementine served with cheddar cheese

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

