

# weekly menu

GREENFIELD HILL

## **Monday, July 20, 2026**

Snack: Apple cinnamon overnight oats with chia seeds, served with milk

Lunch: Sundried tomato pesto pasta infused with tofu, served with roasted broccoli and cantaloupe, served with milk

Snack: Pita chips and whipped feta

## **Tuesday, July 21, 2026**

Snack: Plain Greek yogurt served with Nest granola

Lunch: Shredded chicken and cheese quesadillas, guacamole, a dollop of sour cream, and pineapple, served with milk

Snack: Carrot sticks and hummus

## **Wednesday, July 22, 2026**

Snack: English muffin topped with sunbutter and banana slices

Lunch: Sunbutter and strawberry jam sandwich served with apple slices, carrot sticks, and milk

Snack: Cantaloupe served with a rice cake

## **Thursday, July 23, 2026**

Snack: Alphabet granola served with milk

Lunch: Mac and cheese infused with cauliflower and white beans, served with carrot sticks, orange slices, and milk

Snack: Sweet potato puff

## **Friday, July 24, 2026**

Snack: Blueberry cottage cheese loaf served with milk

Lunch: Turkey, cheddar, and hummus pinwheels, served with carrot sticks, served with watermelon, and milk

Snack: Whole wheat crackers and grass-fed cheddar

