

weekly menu



Monday, July 20, 2026

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

Lunch: Creamy corn sauce over cavatappi pasta with sun-dried tomatoes, basil and parmesan, served with garlic-roasted cauliflower, apples and milk

Snack: Clementine served with pretzels

Tuesday, July 21, 2026

Snack: Mini croissant served with milk

Lunch: Everything Bagel Spice salmon served with roasted broccoli, wild rice, oranges and milk

Snack: Lemony hummus served with carrots

Wednesday, July 22, 2026

Snack: Cranberry oat bar served with milk

Lunch: Falafel-spiced vegetable meatballs, served with herbed ditalini pasta, turmeric-roasted green beans, melon and milk

Snack: Cucumbers served with toasted pita

Thursday, July 23, 2026

Snack: Pretzel bagel served with jam

Lunch: Caprese wrap with roasted summer squash, diced tomato, mozzarella and garden basil, served with peppers, apples and milk

Snack: Guacamole served with tortilla chips

Friday, July 24, 2026

Snack: Banana served with milk

Lunch: Grilled cheese on bakery-fresh bread, served with tomato soup, carrots, oranges and milk

Snack: Dried apricots served with graham crackers and water

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