

# weekly menu



## **Monday, August 31, 2026**

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

Lunch: Cheese tortellini tossed with marinara (capers, olives, oregano), served with roasted broccoli, clementines and milk

Snack: Roast garlic and lemon hummus served with carrots

## **Tuesday, September 1, 2026**

Snack: Breakfast oat bar served with milk

Lunch: Vegetable curry (tomato, chickpeas, potato, eggplant, squash) served with herbed couscous, roasted cauliflower, apples and milk

Snack: Cheddar cheese served with bakery-fresh baguette

## **Wednesday, September 2, 2026**

Snack: Overnight oats with dried fruit, served with milk

Lunch: Falafel seasoned vegetable meatballs served with ditalini pasta, roasted green beans, peaches and milk

Snack: Cucumbers served with fresh mozzarella

## **Thursday, September 3, 2026**

Snack: Pretzel bagels served with whipped cream cheese and milk

Lunch: Southwest seasoned turkey wrap with shaved cabbage, cheddar cheese and vegan ranch, served with peppers, melon and milk

Snack: Texas Caviar (beans and corn) served with tortilla chips

## **Friday, September 4, 2026**

Snack: Vegan banana muffin served with milk

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

Snack: Dried apricots served with a 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*