

# weekly menu



## **Monday, August 24, 2026**

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

Lunch: Creamy corn sauce over Cavatappi pasta with basil and parmesan, served with garlic roasted cauliflower, apples and milk

Snack: Dried apricots served with pretzels

## **Tuesday, August 25, 2026**

Snack: Berry yogurt topped with toasted oats, served with milk

Lunch: Roast salmon with Everything Bagel Spice and lemon oil, served with wild rice, oranges, garlic broccoli and milk

Snack: Melon served with graham crackers

## **Wednesday, August 26, 2026**

Snack: Cocoa oat bar served with milk

Lunch: Caprese wrap (tomato, mozzarella, basil) served with peppers, pineapple and milk

Snack: Tortilla chips served with guacamole

## **Thursday, August 27, 2026**

Snack: Alphabet granola served with milk

Lunch: Sun-dried tomato and roasted pepper veggie meatballs served with a curry-spiced orzo, cucumbers, peaches and milk

Snack: Cheddar cheese served with pretzel bread

## **Friday, August 28, 2026**

Snack: Banana served with milk

Lunch: Grilled cheese (provolone and cheddar) on bakery-fresh bread, served with creamy tomato soup, oranges and milk

Snack: Sunbutter 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*