

weekly menu



Monday, August 3, 2026

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

Lunch: Creamy corn pasta with sundried tomato, basil, parmesan served with garlic roasted broccoli, oranges and milk

Snack: Red pepper white bean dip served with toasted, bakery-fresh, whole wheat bread

Tuesday, August 4, 2026

Snack: Oat bar served with milk

Lunch: Everything Bagel Spiced roast salmon served with herbed cauliflower, tagine-spiced Israeli couscous, apples and milk

Snack: Clementine served with graham crackers

Wednesday, August 5, 2026

Snack: Roasted potatoes served with apple pear sauce and milk

Lunch: Vegetable meatballs with a drizzle of vegan ranch, dill orzo, roasted green beans, melon and milk

Snack: Fresh mozzarella served with cucumbers

Thursday, August 6, 2026

Snack: Bakery-fresh pretzel bagel served with jam and milk

Lunch: California wrap (baked turkey, avocado, arugula, monterey jack cheese) served with colorful peppers, oranges and milk

Snack: Pico de gallo served with tortilla chips

Friday, August 7, 2026

Snack: Banana served with milk

Lunch: Open-faced zucchini sandwich on focaccia with marinara and mozzarella cheese, served with cucumbers and milk

Snack: Melon served with pretzels

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