

weekly menu



Monday, September 21, 2026

Snack: Pumpkin spice overnight oats served with milk

Lunch: Grilled cheese (whole wheat bread, cheddar, and apple slices), with tomato soup, and honeydew, served with milk

Snack: Cucumber spears and white bean hummus

Tuesday, September 22, 2026

Snack: The Nest granola served with milk

Lunch: Honey lemon salmon, mashed potatoes, green beans, and pineapple served with milk

Snack: Roasted chickpeas and orange slices

Wednesday, September 23, 2026

Snack: Potato, cheddar and chive frittata, served with milk

Lunch: Butternut squash and cannellini bean gnocchi, broccoli, and apple slices, served with milk

Snack: Pitas chips and pineapple salsa

Thursday, September 24, 2026

Snack: English muffin topped with apple slices, served with milk

Lunch: Chicken souvlaki and jasmine rice with a drizzle of tzatziki, cucumber and tomato salad, and orange slices, served with milk

Snack: Crostini served with spinach artichoke dip

Friday, September 25, 2026

Snack: Rice cake topped with Greek yogurt and banana slices, served with milk

Lunch: Veggie chili with beans, zucchini, carrots, cauliflower, colorful bell peppers and onion topped with cheddar cheese, served with cornbread, pears, and milk

Snack: Apricots and grass-fed cheddar

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