

weekly menu



Monday, September 21, 2026

Snack: Alphabet cereal served with milk

Lunch: Butternut squash mac and cheese served with garlic-roasted broccoli, pears and milk

Snack: Melon with a rice cake

Tuesday, September 22, 2026

Snack: Spiced oat bar served with milk

Lunch: Baked salmon with Everything Bagel Spice and lemon oil, served with wild rice, oranges, roasted cauliflower and milk

Snack: Dried apricots served with toasted pita bread

Wednesday, September 23, 2026

Snack: Pumpkin spice biscuit served with milk

Lunch: Jerk-sauced (mild) vegetable meatballs served with herbed rice, garlic snap peas, pineapple and milk

Snack: Cucumber served with artichoke/spinach dip

Thursday, September 24, 2026

Snack: Zucchini bread served with milk

Lunch: Turkey taco salad with romaine and shredded cabbage, served with cheddar cheese, tortilla chips, apples and milk

Snack: Lemony avocado 'toast' with bakery-fresh baguette

Friday, September 25, 2026

Snack: Banana served with milk

Lunch: Egg salad sandwich on bakery-fresh, whole wheat bread, carrots, peaches and milk

Snack: Clementines served with cheddar cheese

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