

weekly menu

GREENFIELD HILL

Monday, October 26, 2026

Snack: Strawberry overnight oats served with milk

Lunch: Sage and brown butter cavatappi pasta, roasted broccoli, sliced pears, served with milk

Snack: Cantaloupe served with a rice cake

Tuesday, October 27, 2026

Snack: English muffin topped with sunbutter, banana slices, and hemp hearts, served with milk

Lunch: Pepita-crusted salmon, mashed butternut squash, roasted green beans, and apple slices, served with milk

Snack: Roasted chickpeas and orange slices

Wednesday, October 28, 2026

Snack: Pumpkin bread topped with chia seeds and hemp hearts, served with milk

Lunch: Black bean, cauliflower, and cheddar burrito, served with guacamole, sour cream, orange slices, and milk

Snack: Cucumber spears and hummus

Thursday, October 29, 2026

Snack: Plain yogurt topped with cinnamon apples

Lunch: Cheese ravioli in a turkey marinara sauce, sautéed kale, and sliced pears, served with milk

Snack: Pretzel bites and cottage cheese tzatziki

Friday, October 30, 2026

Snack: The Nest granola served with milk

Lunch: Turkey, provolone, kale, and hummus pinwheels, served with carrot sticks, honeydew, and milk

Snack: Apple slices and grass-fed cheddar

