weekly menu



Monday, November 16, 2026

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

Lunch: Cauliflower mac & cheese served with garlick green beans, oranges and milk

Snack: Carrots served with pretzels

Tuesday, November 17, 2026

Snack: Whole wheat bagel topped with strawberry cream cheese, served with milk

Lunch: Red lentil and butternut squash soup topped with toasted pumpkin seeds and chive oil, served with cucumbers, apples, bakery-fresh baguette and milk

Snack: Cheddar cheese served with dried apricotses

Wednesday, November 18, 2026

Snack: Alphabet granola served with milk

Lunch: Falafel-spiced vegetable meatballs served with a chickpea and quinoa tabbouleh, garlic Brussels sprouts, a clementine and milk

Snack: Basil-oil marinated fresh mozzarella served with toasted pita bread

Thursday, November 19, 2026

Snack: Cheddar cherry biscuits served with milk

Lunch: Turkey chili topped with cheddar cheese, served with herbed Focaccia, mixed peppers, pineapple and milk

Snack: Sunbutter served with a rice cake

Friday, November 20, 2026

Snack: Crispy hash browns served with a pear and apple sauce

Lunch: Toscano wrap (roasted squash, Sun-dried tomatoes, mozzarella, basil) served with carrots, melon and milk

Snack: Tortilla chips served with avocado salsa verde

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