weekly menu



Monday, November 9, 2026

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

Lunch: Cheese tortellini with a basil and kale pesto, served with maple roasted squash, orange and served with milk

Snack: Pretzels served with a lemony chickpea puree

Tuesday, November 10, 2026

Snack: Overnight oats with dried fruit, served with milk

Lunch: Roast salmon topped with a maple-mustard sauce, served with garlic roasted broccoli, wild rice, apples and milk

Snack: Cheddar cheese served with clementines

Wednesday, November 11, 2026

CLOSED: PROFESSIONAL DEVELOPMENT

Thursday, November 12, 2026

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

Lunch: Roast chicken with a tomato, olive and caper sauce over ditalini pasta, served with herbed cauliflower, pears and milk

Snack: Artichoke spinach dip with colorful peppers

Friday, November 13, 2026

Snack: Banana muffin served with milk

Lunch: Grilled cheese on bakery-fresh bread, served with tomato soup, pineapple and milk

Snack: Dried apricots served with a rice cake

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