

Broader Palate, Broader Mind!

Snack:	Snack:	Snack:	Snack:	Snack:
Apples and	Cantaloupe and	Peaches	Bananas and	Pineapple
Blackberries	Blueberries	and Grapes	Persimmons	and Pears
Spring Water	Spring Water	Spring Water	Spring Water	Spring Water
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Macaroni Pie	Chicken Cacciatore	Maritime Chowder	Cabbage Box	Pasulj (pah-SOOL)
(pasta baked in Island style	(chicken, onions, garlic,	(fish, potatoes, onions,	(ground beef, cabbage,	(pork, onions, garlic,
cheese sauce with fresh	green peppers, mushrooms	garlic, carrots, celery	onions, rice, baked in eggs	celery, carrots, parsnips,
tomatoes and green onions)	in tomato/herb sauce	with East Coast brown	and milk, topped with	navy beans, green
Milk	over pasta)	bread)	tomato sauce)	peppers, potatoes)
	Milk	Milk	Milk	Milk
Snack:	Snack:	Snack:	Snack:	Snack:
Antipasto	Ham 'n Cheese	Cheese Straws	Herb Bread	Carrot Cake 🐺 👘
(salami, mozzarella, olives and	Scones	(with pickles)	(with cheese and pickles)	Spring Water
crackers) Spring Water	Spring Water	Spring Water	Spring Water	