

## Local Foods Menus Items

### Breakfast Foods

Blueberry Pancakes  
Eggs (scrambled, omelets, etc.)  
Eggs Benedict  
Waffles, French Toast, etc. w/ maple syrup  
Apple Pancakes  
Breakfast Burrito with local veggies  
Crepes with local fruits  
Yogurt with fresh fruit  
Bacon/Sausage, Egg, and Cheese Sandwich

### Main Dishes

Raspberry, Ham, and Spinach Sandwich  
Dijon-Dill Marinated Fish Fillets  
Vegetable Quesadilla  
Sausage, Pepper, and Onion Grinder  
Blueberry Walnut Salad with Grilled Chicken  
Grilled Mediterranean Vegetable Sandwich  
Apple Cranberry Pork Chops  
Vegetable Pot Pie  
Bean Salad Wraps  
Eggplant Parmigiana  
Steak Fajitas with Assorted Veggies  
Fish Fillets and Baby Spinach with Balsamic Vinaigrette  
Bacon, Lettuce, and Tomato Salad  
Beef Stuffed Peppers  
Carrot Raisin Salad over Mixed Greens  
Vegetarian Quiche  
Ham and Fruit Salsa Croissant  
Falafel in a Pita with Cucumber Sauce  
Artichoke Spinach Manicotti  
Maple Roast Turkey  
Roasted Pear Salad with Cranberries and Hazelnuts  
Cabbage Rolls stuffed with Ground Beef and Rice  
Vegetable and Tofu Stir-Fry

Soups, Side Salads and Vegetable Dishes

Minestrone

Baked Potato

Grilled Zucchini and Summer Squash

Crispy Cabbage

Marinated Baby Corn and Broccoli

New England Clam Chowder

Green Bean Casserole

Chef's Salad

Roasted Red Potatoes

Almond Asparagus

Caramelized Onions

Split Pea Soup

Buttered Carrot Spears

Lemon Dill Mushrooms

Wax Beans

Salad Nicoise

Vegetarian Chili

Corn Cakes with Chives

Garden Peas

Baked Sweet Potato

Pickled Red Cabbage

Broccoli Sesame

Tomato Soup

Greek Salad

Cole Slaw

Three Bean Salad

Scalloped Potatoes

Seasoned Corn

Spaghetti Squash

French Onion Soup

Stewed Tomatoes

Snow Peas and Cashews

Desserts

Local Ice Cream

Carrot Cake  
Homemade Applesauce a la mode  
Blueberry Squares

plus tons of fruits!!!