



Healthy, Delicious
and Delivered



Balanced, healthy fare that provides full servings of whole grains, proteins, fruits and veggies. Menus vary by season to include the best regional and organic products. And for every lunch purchased we provide a healthy snack to a child in need.

Sample Fall Menu



Wheat-Free



Vegetarian



Dairy-Free



Seasonal

Mini
(Pre-School)
\$6.00

Small
(Early Elementary)
+\$1.00

Medium
(Late Elem / Mid School)
+\$2.00

Large
(High School / Adult)
+\$3.00

Sammies



Black Forest Ham & Cabot Cheddar
SB&J: Sun Butter and Strawberry Fruit Spread
Oven-Roasted Sliced Turkey with Cabot Cheddar

Dippers



Cream Cheese Bowl
Creamy Lemon Hummus Bowl



Oodles of Noodles

Soba Noodles with Shredded Carrots and Peas
seasoned with sesame and soy. Served with Organic Chicken
(Make vegetarian with extra peas)



A Little Different

Multigrain Pancakes with Wild
Maine Blueberries, Vermont Maple Syrup and
Chicken Sausage

Fruits

Local Watermelon
Grapes
Strawberry Scramble Smoothie

Veggies

Carrot Sticks
Vegetable Mix
Drumlin Rainbow String Beans

Mini-Treats

Chocolate Chip Bite
Choco-Craisin Mix
Apple Spice Muffin

Snacks:

Power Muffins

Protein-Packed
Multigrain Snack-Sized
Muffins Seasonal
Variety

Crunchy Munchy

Protein-Packed
Granola: Seasonal Mix
Packed with Protein &
Sweet Crunchies

Dipper D'Lite

Lemon Hummus
with Veggie
Dippers

Yogurt Mix-Up

Plain Yogurt with Honey
and House Crunchy
Granola

Order by mid-night Saturday for the following week!

www.RedAppleLunch.com

