



Lunch Menu

Food for Thought

Tevet/Shevat 5783

January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Macaroni & Cheese Steamed Macaroni Garden Salad Mixed Fruit	3 Scrambled Eggs Mashed Potatoes Tossed salad Pears ASARA B'TEVET 1:30	4 Bagels & Cream Cheese Tuna & Egg Salad Tomato Soup Green Salad	5 Meatballs Spaghetti Mixed Vegetables Apples	6 Grilled Cheese Carrot and Celery Sticks Kernel Corn Apple Sauce
9 Baked Ziti Cottage Cheese Garden Salad Mixed Fruit	10 BBQ Chicken Spanish Rice Cucumber Salad Pineapple	11 Falafel Pita Bread Israeli Salad Salad Bar Pears	12 Hot Dogs Baked Beans Cole Slaw Oranges	13 French Toast Carrot and Celery Sticks Kernel Corn Apple Sauce
16 Fish Sticks Rotelle Tossed Salad Peaches	17 Beefburger on Buns Rice Pilaf Green Beans Pineapple	18 Pizza Vegetable Soup Green Salad Pears	19 WINTER VACATION NO SESSIONS	20 WINTER VACATION NO SESSIONS
23 WINTER VACATION NO SESSIONS	24 WINTER VACATION NO SESSIONS	25 WINTER VACATION NO SESSIONS	26 WINTER VACATION NO SESSIONS	27 WINTER VACATION NO SESSIONS
30 Penne Alla Vodka Plain Pasta Cottage Cheese Garden Salad Mixed Fruit	31 Chicken Nuggets Sweet & Sour Sauce French Fries Chef's Salad Pineapple			

Available Daily

1. Pasta
2. Hard boiled eggs
3. Salad
4. Sandwiches
5. Yogurt and cottage cheese on dairy days
6. Fruit