



# Lunch Menu

*Food for Thought*

Adar/Nisan 5783

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Bagels & Cream Cheese Tuna & Egg Salad Tomato Soup Tossed Salad Peaches	2 Meatballs Spaghetti Mixed Vegetables Apples	3 Grilled Cheese Carrot and Celery Sticks Kernel Corn Apple Sauce
6 Scrambled Eggs Mashed Potatoes Garden Salad Pears TAANIT ESTHER	7 PURIM NO SCHOOL	8 Fish Sticks Rotelle Vegetable Soup Green Salad Mixed Fruit SHUSHAN PURIM	9 Baked Chicken Spanish Rice Fresh Cucumber Slices Oranges	10 French Toast Carrot and Celery Sticks Kernel Corn Apple Sauce
13 Baked Macaroni & Cheese Steamed Macaroni Cottage Cheese Tossed Salad Peaches	14 Chicken Nuggets Sweet & Sour Sauce Spicy French Fries Chef's Salad Pineapple	15 Fresh Fish Filet w/ Tartar Sauce Spaghetti Tomato Soup Garden Salad Pears	16 Beefburger on Buns Rice Pilaf Sliced Tomatoes Apples	17 Pizza Bagels Carrot and Celery Sticks Kernel Corn Apple Sauce
20 Baked Ziti Garlic Knots Cottage Cheese Green Salad Mixed Fruit	21 Hot Dogs Baked Beans Cole Slaw Pineapple	22 Cheese Sticks Potato & Cheese Blintzes Mushroom Barley Soup Tossed Salad Peaches	23 Chicken Bukharian Plov Tomato Cucumber Salad Oranges	24 Pancakes Carrot and Celery Sticks Kernel Corn Apple Sauce
27 Penne Alla Vodka Plain Pasta Garden Salad Pears	28 Sweet Sour Meatballs Spaghetti Green Beans Pineapple	29 Falafel/Pita Israeli Salad Salad Bar Mixed Fruit	30 Hero Sandwiches Potato Kugel Pickle Chips Apples	31 Pizza Carrot and Celery Sticks Kernel Corn Apple Sauce

## Available Daily

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