



# Lunch Menu

*Food for Thought*

Elul 5783 / Tishre 5784  
September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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4 <b>LABOR DAY</b>	5 <b>PROFESSIONAL DEVELOPMENT DAY</b>	6 <b>PROFESSIONAL DEVELOPMENT DAY</b>	7 Chicken Nuggets Sweet & Sour Sauce French Fries Pineapple <b>1st DAY CLASSES GRADES 2-8</b>	8 Grilled Cheese Carrot and Celery Sticks Kernel Corn Apple Sauce
11 Baked Ziti Cottage Cheese Tossed Salad Pears	12 Teriyaki Chicken Mushroom Rice Cucumber Salad Mixed Fruit	13 Pizza Vegetable Soup Green Salad Peaches	14 Beef Burger on Bun Rice Pilaf Sliced Tomatoes Apples	15 <b>EREV ROSH HASHANA NO SESSIONS</b>
18 Scrambled Eggs Potato Knishes Green Salad Mixed Fruit <b>TZOM GEDALIAH 1:30 DISMISSAL</b>	19 Sweet & Sour Meatballs Spaghetti Green Beans Apples	20 Bagels & Cream Cheese Tuna & Egg Salad Tomato Soup Garden Salad Pears	21 Hero Sandwiches Potato Kugel Pickles Oranges	22 French Toast Carrot and Celery Sticks Kernel Corn Apple sauce
25 <b>YOM KIPPUR NO SESSIONS</b>	26 Hot Dogs Baked Beans Mixed Vegetables Oranges	27 Fish Sticks Rotelle Tossed Salad Pears	28 BBQ Chicken Spanish Rice Mixed Vegetables Pineapple	29 <b>EREV SUKKOT NO SESSIONS</b>

**Available Daily**

- \*Pasta
- \*Hard boiled eggs
- \*Salad
- \*Sandwiches
- \*Yogurt & cottage cheese on dairy days
- \*Fruit