



# Lunch Menu

*Food for Thought*

Av / Elul 5784

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 Bagels & Cream Cheese Tuna & Egg Salad Tomatoes & Red Pepper Peaches  <b>ROSH CHODESH</b>	5 BBQ Chicken Rice Mixed Vegetables Pineapple	6 Cheese Bar Hard Boiled Eggs Challah Rolls Cucumber Slices Apple Sauce
9 Macaroni & Cheese Cottage Cheese Salad Peaches	10 Chicken Nuggets Fries Corn & Pepper Salad Mixed Fruit	11 Pizza Vegetable Soup Green Salad Peaches	12 <b>Mexican Rice Bowl:</b> Taco Meat & Rice Chickpeas, Black Beans, Tomatoes, Cucumbers, Olives, Tortilla Chips, Pears	13 French Toast Yogurt Pepper & Celery Sticks Apple Sauce
16 Baked Ziti Cottage Cheese Salad Pineapple	17 Roast Chicken Yellow Rice Three Bean Salad Peaches	18 Grilled Cheese Tomato Rice Soup Salad Pears	19 Beef Burger on Bun Spicy Fries Tomato Slices Mixed Fruit	20 Pancakes Hard Boiled Eggs Cucumber & Celery Sticks Apple Sauce
23 Penne Alla Vodka Cottage Cheese Lettuce Salad Pears	24 Meatballs Spaghetti Mixed Vegetables Peaches	25 Falafel Pita Israeli Salad Pineapple	26 Hot Dogs on Buns Baked Beans Coleslaw Mixed Fruit	27 Cheese Pretzels Yogurt Pepper & Celery Sticks Apple Sauce
30 Fish Nuggets Rotelle Pasta Green Salad Pears				

## Available

### On Mon/Wed:

- \*Plain Pasta
- \*Cream Cheese sandwiches
- \*Yogurt OR cottage cheese

### On Tues/Thurs:

- \*Plain Pasta
- \*Hard boiled eggs

1% & SKIM MILK SERVED ON MONDAY / WEDNESDAY / FRIDAY

100% FRUIT JUICE SERVED ON TUESDAY / THURSDAY