

SEPTEMBER 2016

Served on Meat days:	Breakfast Daily:			
orange juice apple juice	cereal / lowfat milk orange juice			
Served on Dairy days:	whole wheat bread			
low fat milk	sliced american cheese			
	Served Daily:	Wednesday 9/7	Thursday 9/8	Friday 9/9
	rye bread whole wheat bread salad bar tossed salad	chicken tenders yellow rice zucchini ratatouille rye bread	rice and lentils spanech jiben tossed salad lite tuna salad whole wheat bread lowfat milk ice cream	lite tuna salad whole wheatchallah rolls sliced american cheese sliced cucumbers applesauce lowfat milk
		orange juice pineapple tidbits		
Monday 9/12	Tuesday 9/13	Wednesday 9/14	Thursday 9/15	Friday 9/16
hamburgers french fries roasted cauliflower tossed salad lite egg salad orange juice sliced peaches	Fried Fish Keskesoon Israeli salad lite tuna salad whole wheat bread lowfat milk fresh apples	roasted chicken mashed potatoes w/ gravy string beans tossed salad whole wheat bread orange juice pineapple tidbits	macaroni and cheese steamed broccoli whole wheat bread tossed salad lowfat milk fresh watermelon	lite tuna salad whole wheat pita sliced american cheese cucumber slices lowfat milk applesauce
Monday 9/19	Tuesday 9/20	Wednesday 9/21	Thursday 9/22	Friday 9/23
colcut sandwiches potato knishes cole slaw / pickles lite egg salad whole wheat bread orange juice fresh oranges	fish sticks spaghetti w/marinara sauce steamed broccoli tossed salad lite tuna salad lowfat milk sliced peaches	chicken nuggets roasted potatoes artichokes lite egg salad tossed salad orange juice pineapple tidbits	falafel pasta pesto israeli salad lite tuna salad whole wheat pita lowfat milk fresh oranges	whole wheat pizza lite tuna salad sliced cucumbers fresh bananas
Monday 9/26	Tuesday 9/27	Wednesday 9/28	Thursday 9/29	Friday 9/30
chicken tenders yellow rice roasted baby carrots whole wheat bread orange juice pineapple tidbits	baked ziti steamed broccoli tossed salad lite tuna salad whole wheat bread lowfat milk sliced peaches	grilled chicken pasta pesto green beans lite egg salad tossed salad orange juice pineapple tidbits	chef's tomato soup grilled cheese sandwiches lite tuna salad tossed salad whole wheat bread lowfat milk fresh apples	lite tuna salad whole wheat challah rolls sliced american cheese cucumber slices lowfat milk applesauce