





OCTOBER 2016

Breakfast Daily:	Served on Meat days:	Wednesday 10/5	Thursday 10/6	Friday 10/7
cereal lowfat milk orange juice whole wheat bread jelly sliced american cheese cream cheese	orange juice apple juice fresh fruit Served on Dairy days: lowfat milk skim chocolate milk	cold cut sandwiches potato knishes cole slaw pickles lite egg salad whole wheat bread fresh apples	rice and lentils spanach jiben lite tuna salad tossed salad whole wheat bread lowfat milk ice cream	lite tuna salad
Monday 10/10	Tuesday 10/11	Wednesday 10/12	Thursday 10/13	Friday 10/14
meat sauce spaghetti green beans lite egg salad whole wheat bread tossed salad pineapple tidbits	Ereb Yom Kippur 	Yom Kippur	chef's tomato soup grilled cheese sandwiches lowfat milk lite tuna salad tossed salad whole wheat bread fresh apples	lite tuna salad whole wheat challah rolls sliced cucumbers applesauce
Monday 10/17	Tuesday 10/18	Wednesday 10/19	Thursday 10/20	Friday 10/21
Sukkot 	Sukkot	Hol Hamoed 	Hol Hamoed	Hol Hamoed
Monday 10/24	Tuesday 10/25	Wednesday 10/26	Thursday 10/27	Friday 10/28
Shemini Aseret 	Simhat Torah	chicken tenders yellow rice tossed salad lite egg salad whole wheat bread orange juice pineapple tidbits	macaroni and cheese steamed broccoli tossed salad lite tuna salad whole wheat bread low fat milk fresh oranges	lite tuna salad whole wheat pita sliced cucumbers applesauce
Monday 10/31				
falafel pasta pesto israeli salad whole wheat pita bread lowfat milk sliced peaches				