



# Breakfast 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 English Muffins & Jam Banana Milk	2 Pumpkin Bread Apple Milk	3 Oatmeal Apple Sauce Milk
6 Shavout School Closed	7 Cereal: Cheerios Canned Peaches Milk	8 Pancakes Banana Milk	9 Cinnamon-Raisin Pasta Apple Milk	10 Apple Muffins- Squares Apple Sauce Milk
13 Interim Week I/T & Child Care Only Muffins Orange Milk	14 Interim Week I/T & Child Care Only Banana Bread Canned Peaches Milk	15 Interim Week I/T & Child Care Only Bread & Jam Banana Milk	16 Interim Week I/T & Child Care Only Baked Cinnamon Pita Apple Milk	17 Interim Week I/T & Child Care Only Cereal: Cheerios Apple Sauce Milk
20 Cereal: Corn Flakes Orange Milk	21 Couscous w/Raisins Canned Peaches Milk	22 Apple Sauce Muffins Banana Milk	23 Pancakes Apple Milk	24 Cream of Wheat Apple Sauce Milk
27 Cereal: Rice Krispies Orange Milk	28 French Toast Canned Peaches Milk	29 Baked Eggs Canned Peaches Milk	30 Blueberry Muffins Apple Milk	

Whole, unflavored milk is served to 1 year olds  
Skim, unflavored milk is served to children ages 2 and older



# June Lunch 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 (WG) Cheesy Baked Pasta <b>Garden</b> -Romaine Salad Fruit Cocktail, Milk	2 Meatloaf (WG) Israeli Couscous Mixed Vegetables Orange, Milk	3 (WG) Cheese & Beans Enchilada Casserole Corn Cuties Clementine, Milk
6 Shavout School Closed	7 Teriyaki Stir Fry Chicken & Veg (WG) Sessame Noodles Apple, Milk	8 Vegetarian Chili Shredded Cheese (WG) Tortilla Chips Sliced Cucumbers Fruit Cocktail, Milk	9 Sloppy Joe (WG) Bun Creamy Coleslaw Orange, Milk	10 (WG) Mac N' Cheese <b>Garden</b> -Romaine Salad Cuties Clementine, Milk
13 Interim Week I/T & Child Care Only (WG) Cheesy Baked Pasta Peas Banana, Milk	14 Interim Week I/T & Child Care Only Meatloaf Brown Rice Mixed Vegetables Apple, Milk	15 Interim Week I/T & Child Care Only Vegetarian Chili Shredded Cheese (WG) Tortilla Chips Romaine Salad Fruit Cocktail, Milk	16 Interim Week I/T & Child Care Only Sloppy Joe (WG) Bun Green Beans Orange, Milk	17 Interim Week I/T & Child Care Only Cheese & Beans Enchilada-Casserole Corn Cuties Clementine, Milk
20 Mac N' Cheese <b>Garden</b> Spinach Salad Banana, Milk	21 Chicken Cacciatore WG Noodles Green Beans Apple, Milk	22 Baked Cheesy Spinach-Squares WG Roll Minestrone Soup Fruit Cocktail, Milk	23 (WG) Spaghetti & Meat-Sauce Green Beans Orange, Milk	24 (WG) Pizza on Pita Sliced Cucumbers & Peppers Banana, Milk
27 Tuna Loaf Brown Rice Corn Banana, Milk	28 BBQ Chicken (WG) Couscous Yellow Wax Beans Apple, Milk	29 (WG) Grilled Cheese-Sandwich Tomato Soup W/Rice Fruit Cocktail, Milk	30 Hamburger Sliders (WG) Bun French Fries, Pickles (Ketchup) Orange, Milk	

Whole, unflavored milk is served to 1-year olds  
 Skim, or low fat (1%) unflavored milk is served to children ages 2 and older  
All Grain items served are whole Grain-rich/enriched

 **On Tuesdays & Thursdays milk for lunch is served at 10:30 am (an hour before Lunch is served)**

Jewish Beginnings is an equal opportunity provider and employer



# Snack 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Yogurt Canned Peaches	2 Tortilla Chips Salsa	3 Cereal: Cheerios Milk
		Cinnamon Pita Chips Milk	Apple Sauce Graham Crackers	Second Snack: Banana Tea Biscuits
6 Shavout School Closed	7 Rice Cakes & Jam Orange	8 Cereal: Corn Flakes Milk	9 Wheat Crackers Hummus	10 Last Day of School 
	Tortilla Chips Salsa	Second Snack: Cuties Clementine Tea Biscuits	Second Snack: Apple Sauce Matzo Brei	
13 Interim Week I/T & Child Care Only Alef-Beit Biscuits Milk	14 Interim Week I/T & Child Care Only Pita Hummus	15 Interim Week I/T & Child Care Only French Fries Shredded Cheese	16 Interim Week I/T & Child Care Only Tortilla Chips Salsa	17 Interim Week I/T & Child Care Only Yogurt Banana
Second Snack: Cottage Cheese Canned Pears	Second Snack: Graham Crackers Orange	Second Snack: Cereal: Rice Krispies Milk	Apple Sauce Tea Biscuits	Sliced Cheese Snack Crackers
20 Cottage Cheese Canned Pears	21 Egg Salad Snack Crackers	22 Cereal: Cheerios Milk	23 Pita Hummus	24 Alef-Beit Biscuits Milk
Rice Cakes & Jam Milk	Animal Crackers Orange	Cinnamon Pita Chips Cuties Clementine	Apple Sauce Graham Crackers	Banana Yogurt
27 Pasta Salad Milk	28 Baked Garlic Pita Hummus	29 Sliced Cheese Snack Crackers	30 Tortilla Chips Salsa	
Second Snack: Yogurt Canned Pears	Second Snack: Alef-Beit Biscuits Orange	Cereal: Corn Flakes Milk	Second Snack: Apple Sauce Graham Crackers	

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