



## Breakfast 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Apple Sauce Muffins Apple, Milk	2 Cream of Wheat Banana, Milk	3 Toast & Jam Orange, Milk
6 Cereal: Rice Krispies Apple, Milk	7 Baked Eggs Canned Pears, Milk	8 Pancakes Apple Sauce, Milk	9 Cinnamon-Raisin Pasta Banana, Milk	10 Pumpkin Bread Orange, Milk
13 Cereal: Cheerios Apple, Milk	14 Hard Boiled Eggs Sliced Cucumbers Milk	15 Baked Oatmeal Apple Sauce, Milk	16 Banana Bread Canned Pears, Milk	17 Baked Cinnamon Toast Orange, Milk
20 Cereal: Corn Flakes Apple, Milk	21 Cinnamon Raisin- Couscous Canned Pears Milk	22 Pineapple-Zucchini Bread Apple Sauce, Milk	23 Cream Of Wheat Banana, Milk	24 Baked Cinnamon Pita Orange, Milk
27 Cereal: Rice Krispies Apple, Milk	28 Cinnamon Oatmeal Canned Pears Milk	29 Pancakes Apple Sauce, Milk	30 Baked Eggs Banana, Milk	31 Cinnamon-Raisin Pasta Orange, Milk

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



# Lunch 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Egg Salad (WG) Pita Potato Soup, Pickles Orange, Milk	2 (WG) Mac & Beef Green Beans Pineapple, Milk	3 Tuna Loaf (WG) Couscous Sweet Glazed Carrots Apple, Milk
6 Baked Cheesy Spinach-Squares WG Roll Split Pea Soup Clementine, Milk	7 <b>Purim, Noon Dismissal</b> Chicken Cacciatore (WG) Wide Egg Noodles Yellow Wax Beans in Marinara Banana, Milk <b>Hamantaschen</b> 	8 Veg Chili Shredded Cheese Corn Bread Orange, Milk	9 Meatloaf Brown Rice Peas & Carrots Pineapple, Milk	10 (WG) Cheese Lasagna Garden Romaine Salad Apple, Milk
13 (WG) Pizza on Pita Minestrone Soup Sliced Cucumbers Clementine, Milk	14 Herb Chicken (WG) Israeli Couscous Creamy Coleslaw Banana, Milk	15 Cheesy Quiche (WG) Hawaiian Mac-Salad Sliced Cucumbers Orange, Milk	16 Sloppy Joe (WG) Roll Corn Pineapple, Milk	17 (WG) Cheese & Beans Enchilada Casserole Garden Romaine Salad Apple, Milk
20 Baked Potato w/Cheese Topping Veg & Barley Soup Clementine, Milk	21 Sweet & Sour Chicken Brown Rice Yellow Wax Beans Banana, Milk	22 Tuna Salad (WG) Pita Lentil-Mushroom Soup Orange, Milk	23 Shepherd's Pie (WG) Roll Pineapple, Milk	24 Mac N' Cheese Garden-Romaine Salad Orange, Milk
27 (WG) Grilled Cheese-Sandwich Tomato Soup W/Rice Sliced Cucumbers Clementine, Milk	28 BBQ Chicken Brown Rice Corn Banana, Milk	29 Veg Chili Shredded Cheese (WG) Tortilla Chips Sliced Cucumbers Orange, Milk	30 (WG) Spaghetti & Meatballs Green Beans Pineapple, Milk	31 Hummus, Falafel Balls (WG) Pita Israeli Salad Apple, 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 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Yogurt Canned Peaches	2 Tortilla Chips Salsa	3 French Fries, Ketchup Sliced Cheese
		Cereal: Corn Flakes Milk	Apple Sauce Animal Crackers	AC closes @ 4:30pm
6 Cottage Cheese Pineapple	7 <b>Purim, Noon Dismissal</b> Rice Cakes & Jam Orange	8 Cereal: Cheerios Milk	9 Pita Hummus	10 Banana Yogurt
Sliced Cheese Snack Crackers	AC closes @ 4:00pm	Second Snack: Canned Peaches Animal Crackers	Second Snack: Apple Sauce Teddy Grahams	AC closes @ 4:30pm
13 Cottage Cheese Pineapple	14 Garlic Pita Hummus	15 French Fries, Ketchup Sliced Cheese	16 Tortilla Chips Salsa	17 Banana Yogurt
Second Snack: Animal Crackers Milk	Second Snack: Teddy Grahams Orange	Second Snack: Cereal: Corn Flakes Milk	Apple Sauce Tea Biscuits	AC closes @ 5:30pm Banana Bread Milk
20 Cottage Cheese Pineapple	21 Egg Salad Wheat Crackers	22 Teddy Grahams Canned Peaches	23 Pita Hummus	24 Banana Yogurt
Rice Cakes & Jam Milk	Animal Crackers Orange	Cereal: Rice Krispies Milk	Apple Sauce Tea Biscuits	Pineapple-Zucchini Bread, Milk
27 Cottage Cheese Pineapple	28 Pasta Salad Orange	29 Cereal: Cheerios Milk	30 Tortilla Chips Salsa	31 Cinnamon Pita Chips Milk
Second Snack: Wheat Crackers Sliced Cheese	Second Snack: Garlic Pita Chips Hummus	Sliced Cucumbers Ranch Dip	Apple Sauce Animal Crackers	Banana Yogurt

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