

October 2019 Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Rosh Hashanah School Closed 	1 Rosh Hashanah School Closed	2 WG Tuna Wraps Vegetable-Barley Soup Apple, Milk	3 Meatloaf Brown Rice Baked Beans Watermelon, Juice	4 WG Cheese Lasagna Veg medley Orange, Milk
7 WG Mac N' Cheese Peas Banana, Milk	8 -Noon Dismissal- Baked Herbed Chicken WG Couscous Sweet Glazed Carrots Cantaloupe, Juice	9 Yom Kippur School Closed	10 Hamburgers WG Buns Creamy Coleslaw Watermelon, Juice	11 WG Grilled Cheese- Sandwich Tomato Soup & Rice Orange, Milk
14 Sukkot School Closed	15 Sukkot School Closed	16 Baked Cheesy Ziti Garden-Romaine Salad Apple, Milk	17 Chicken Salad WG Pasta Salad Corn on the cob Watermelon, Juice	18 Veg Thick Chili Shredded Cheese WG Tortilla Chips Baked Potato Orange, Milk
21 Shemini Atzeret School Closed	22 Simchat Torah School Closed	23 WG Enchilada Bake- Casserole Corn Salad Apple, Milk	24 Spaghetti & Meat Balls Green Beans Watermelon, Juice	25 Baked Crispy Fish Fillet Brown Rice Coleslaw Orange, Milk
28 Baked Spinach Squares WG Rolls Butternut Soup Banana, Milk	29 Beef Taco w/ WG Tortilla Wrap Israeli Salad Cantaloupe, Juice	30 Tuna Patties WG Couscous Peas & Carrots Apple, Milk	31 Stir Fry Chicken & Veg Brown Rice Watermelon, Juice	

Whole, unflavored milk is served to 1 year olds
 Skim, unflavored milk is served to children ages 2 and older
 All Grain items served are whole Grain-rich/enriched
 100% Apple Juice is served

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