

All grains are whole wheat rich



# SEPTEMBER

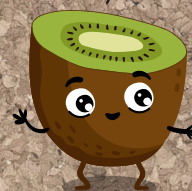
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4</b> [Empty]	<b>5</b> Garlic Bread Fish Sticks Oven Fries Fruit Milk	<b>6</b> Taco Meat Spanish Rice Fajita Vegetables Fruit Juice / Water	<b>7</b> Baked Ziti or Plain Ziti & Cheese Stick Salad and Dressing Fruit Milk	<b>8</b> Bagel Tuna / Cheese Slices Cucumber and Tomato Fruit Milk
<b>11</b> Hamburger and Bun Tater Tots Pickle and Tomato Slices Fruit Juice / Water	<b>12</b> Pizza and Toppings Salad and Dressing Fruit Milk	<b>13</b> Chicken Schnitzel Rice Chickpea Salad Fruit Juice / Water	<b>14</b> Baked Potato Cheese Cup Choice of Toppings Fruit Milk	<b>15</b> French Toast Cheese Stick Carrot Sticks Syrup Fruit Milk
<b>18</b> BBQ Chicken Breast Pita Salad Bar Fruit Juice / Water	<b>19</b> Pizza Knish Yogurt Israeli Salad Fruit Milk	<b>20</b> Erev Rosh Hashana	<b>21</b> Rosh Hashana	<b>22</b> Rosh Hashana
<b>25</b> Hot Dog and Bun Pickles Baked Beans Fruit Juice / Water	<b>26</b> Baked Mac and Cheese Carrots and Celery Hummus Fruit Milk	<b>27</b> Chicken Nuggets Yellow Rice Green Beans Fruit Juice / Water	<b>28</b> Pizza and Toppings Salad and Dressing Fruit Milk	<b>29</b> Erev Yom Kippur

Meals are subject to change



All meals conform to the USDA National School Lunch Program Menu Guidelines

A choice of chocolate and white milk will be offered on milchig days



All items are fleishig on meat days

