





Cheder Lubavitch Hebrew Day School

All grains are whole wheat rich

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Baked Mac & Cheese Carrots & Celery Hummus Fruit Milk



Hot Dog Bun Pickle Slices **Curly Fries** Fruit Juice/Water



Pizza Pizza Toppings Israeli Salad Ketchup Fruit



Grilled Vegetables Lo Mein Noodles String Cheese Fruit Milk



Burger Bun **Tater Tots Baked Beans** BBQ Sauce/Ketchup Fruit Juice/Water



Fish Sticks Vegetable Fried Rice Ketchup Mayo Fruit Milk



BBQ Chicken Whole Wheat Pita Sliced Pickles Fruit Juice/Water



Milk

Baked Ziti or Plain Ziti+ Cheese Stick Carrot & Celery Sticks **Dipping Sauce** Fruit Milk



Potato Knishes Yogurt Granola Diced Fruit **Baby Carrots** Milk



14

Sweet & Sour Chicken Egg Fried Rice **Assorted Peppers** BBQ Sauce/Ketchup Fruit Juice/Water



Garden Vegetable Salad Dressing Ketchup Fruit Milk



16

Corn Taco Taco Meat Spanish Rice Fiesta Bean Salad Fruit Juice/Water



Garlic Bread **Baked Potato** Cheese Cup Ketchup Fruit Milk



18

No School

21

Shavuos

French Toast Hot Apple Cobbler Roasted Potato Wedges Syrup Fruit Milk



Meat Sauce Rotini Pasta Garden Vegetable Salad Juice/Water



Falafel Whole Wheat Pita Hummus Israeli Salad Sliced Pickles Fruit Milk



Bagel Tuna/Cheese Slices **Baby Carrots** Fruit Milk



28

Teriyaki Chicken Yellow Rice **Grilled Vegetables** BBQ Sauce/Ketchup Fruit Juice/Water



Pizza Bagel Garden Vegetable Salad **Tomato Slices** Fruit Milk



30

Oven Fried Chicken French Fries Wild Rice Fruit Juice/Water



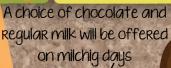
Crunchy Fish Sticks **Breadstick Cucumber Slices** Shlishkes Fruit Milk







All meals conform to the USDA National School Lunch Menu Guidelines







All items are fleishig on meat days

