

Cheder  
Lubavitch  
Hebrew Day  
School

All grains  
are whole  
wheat rich

MAY



| MONDAY                                                                                                               | TUESDAY                                                                                           | WEDNESDAY                                                                                        | THURSDAY                                                                                                           | FRIDAY                                                                                  |
|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
|                                                                                                                      | <b>1</b><br>Baked Mac & Cheese<br>Carrots & Celery<br>Hummus<br>Fruit<br>Milk                     | <b>2</b><br>Hot Dog<br>Bun<br>Pickle Slices<br>Curly Fries<br>Fruit<br>Juice/Water               | <b>3</b><br>Pizza<br>Pizza Toppings<br>Israeli Salad<br>Ketchup<br>Fruit<br>Milk                                   | <b>4</b><br>Grilled Vegetables<br>Lo Mein Noodles<br>String Cheese<br>Fruit<br>Milk     |
| <b>7</b><br>Burger<br>Bun<br>Tater Tots<br>Baked Beans<br>BBQ Sauce/Ketchup<br>Fruit<br>Juice/Water                  | <b>8</b><br>Fish Sticks<br>Vegetable Fried Rice<br>Ketchup<br>Mayo<br>Fruit<br>Milk               | <b>9</b><br>BBQ Chicken<br>Whole Wheat Pita<br>Corn<br>Sliced Pickles<br>Fruit<br>Juice/Water    | <b>10</b><br>Baked Ziti or Plain Ziti+<br>Cheese Stick<br>Carrot & Celery Sticks<br>Dipping Sauce<br>Fruit<br>Milk | <b>11</b><br>Potato Knishes<br>Yogurt<br>Granola<br>Diced Fruit<br>Baby Carrots<br>Milk |
| <b>14</b><br>Sweet & Sour Chicken<br>Egg Fried Rice<br>Assorted Peppers<br>BBQ Sauce/Ketchup<br>Fruit<br>Juice/Water | <b>15</b><br>Pizza Rolls<br>Garden Vegetable Salad<br>Dressing<br>Ketchup<br>Fruit<br>Milk        | <b>16</b><br>Corn Taco<br>Taco Meat<br>Spanish Rice<br>Fiesta Bean Salad<br>Fruit<br>Juice/Water | <b>17</b><br>Garlic Bread<br>Baked Potato<br>Cheese Cup<br>Ketchup<br>Fruit<br>Milk                                | <b>18</b><br>No School                                                                  |
| <b>21</b><br>Shavuos                                                                                                 | <b>22</b><br>French Toast<br>Hot Apple Cobbler<br>Roasted Potato Wedges<br>Syrup<br>Fruit<br>Milk | <b>23</b><br>Meat Sauce<br>Rotini Pasta<br>Garden Vegetable Salad<br>Fruit<br>Juice/Water        | <b>24</b><br>Falafel<br>Whole Wheat Pita<br>Hummus<br>Israeli Salad<br>Sliced Pickles<br>Fruit<br>Milk             | <b>25</b><br>Bagel<br>Tuna/Cheese Slices<br>Baby Carrots<br>Fruit<br>Milk               |
| <b>28</b><br>Teriyaki Chicken<br>Yellow Rice<br>Grilled Vegetables<br>BBQ Sauce/Ketchup<br>Fruit<br>Juice/Water      | <b>29</b><br>Pizza Bagel<br>Garden Vegetable Salad<br>Tomato Slices<br>Fruit<br>Milk              | <b>30</b><br>Oven Fried Chicken<br>French Fries<br>Wild Rice<br>Fruit<br>Juice/Water             | <b>31</b><br>Crunchy Fish Sticks<br>Breadstick<br>Cucumber Slices<br>Shlishkes<br>Fruit<br>Milk                    |                                                                                         |

Meals are  
subject to  
change



All meals conform  
to the USDA  
National School  
Lunch Menu  
Guidelines

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



All items are  
fleishig on  
meat days



AGUDATH ISRAEL  
OF ILLINOIS