

# kiwikids

KIDS WELLNESS INITIATIVE  
AGUDATH ISRAEL OF ILLINOIS | A MERMELSTEIN FAMILY PROJECT

January 2017

Jan 2	Jan 3	Jan 4	Jan 5	Jan 6
Pizza Choice of Toppings Vegetables Fruit Milk	Baked Potato Cheese Cup Breadstick Fruit Milk	Schnitzel Sandwich Vegetables Fruit Juice	Baked Ziti Vegetable Fruit Milk	Bagel Choice of Tuna/Cheese Vegetable Fruit Milk
Jan 9	Jan 10	Jan 11	Jan 12	Jan 13
Split Pea Soup Bagel Choice of Cheese Slice/Jelly Packet Fruit Milk	Pancakes Syrup Yogurt Vegetables Fruit Milk	Hot dog Bun Vegetable Fruit Juice	Mac and Cheese/ Plain Pasta Vegetable Fruit Milk	Pastrami Knish Vegetable Fruit Juice
Jan 16	Jan 17	Jan 18	Jan 19	Jan 20
Winter Break				
Jan 23	Jan 24	Jan 25	Jan 26	Jan 27
Bagel Choice of Tuna/Cheese Vegetable Fruit Milk	Baked Potato Cheese Cup Breadstick Fruit Milk	Hamburger Bun Vegetable Fruit Milk	Baked Ziti Vegetable Fruit Milk	Cholent Breadstick Vegetable Fruit Juice
Jan 30	Jan 31			
French Toast Syrup Vegetable Fruit Milk	Butternut Sq. Soup Bagel Choice of Cheese Slice/Jelly Packet Fruit Milk			

WHADAYAKNOW?!? KIWIKIDS Serves 4 vegetable subgroups each week -  
red/orange, starch, bean/pea and other (lettuce)

- All items are fleishig on meat days
- A choice of chocolate and white milk will be offered on milchig days
- All grains are whole wheat rich
- All meals conform to the USDA National School Lunch Program Menu Guidelines
- Meals are subject to change



This institution is an equal opportunity provider