



# Lunch Menu 2021/22

| August/September | Monday   | Tuesday  | Wednesday                                  | Thursday   | Friday                           |
|------------------|--|--|--|--|----------------------------------|
| <b>Breakfast</b> |  | 31<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe | 1<br>Crackers<br>American Cheese<br>Banana | 2<br>Muffin<br>Watermelon                            | 3<br>Cheerios<br>Milk<br>Apples  |
| <b>Lunch</b>     |  | Rice<br>Lean Meat sauce<br>Peas<br>Watermelon        | Baked Ziti<br>Caesar Salad<br>Pineapple    | Schnitzel<br>Rice<br>Peas<br>Cantaloupe              | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 6<br>NO SCHOOL<br>ROSH HASHANA                             | 7<br>NO SCHOOL<br>ROSH HASHANA                       | 8<br>NO SCHOOL<br>ROSH HASHANA             | 9<br>NO BREAKFAST<br>LATE START AT<br>10AM           | 10<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | NO SCHOOL<br>ROSH HASHANA                                  | NO SCHOOL<br>ROSH HASHANA                            | NO SCHOOL<br>ROSH HASHANA                  | Chicken<br>Whole Grain Rice<br>Tomatoes<br>Pineapple | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 13<br>Cheerios<br>Milk<br>Apples                           | 14<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe | 15<br>NO SCHOOL<br>YOM KIPPUR              | 16<br>NO SCHOOL<br>YOM KIPPUR                        | 17<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | Tuna<br>Whole Wheat<br>Bread<br>Israeli Salad<br>Pineapple | Rice<br>Lean Meat sauce<br>Peas<br>Watermelon        | NO SCHOOL<br>YOM KIPPUR                    | NO SCHOOL<br>YOM KIPPUR                              | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 20<br>NO SCHOOL<br>SUKKOT                                  | 21<br>NO SCHOOL<br>SUKKOT                            | 22<br>NO SCHOOL<br>SUKKOT                  | 23<br>NO SCHOOL<br>SUKKOT                            | 24<br>NO SCHOOL<br>SUKKOT        |
| <b>Lunch</b>     | NO SCHOOL<br>SUKKOT  | NO SCHOOL<br>SUKKOT                                  | NO SCHOOL<br>SUKKOT                        | NO SCHOOL<br>SUKKOT                                  | NO SCHOOL<br>SUKKOT              |



# Lunch Menu 2021/22

| October          | Monday   | Tuesday   | Wednesday                                      | Thursday   | Friday                           |
|------------------|--|---|--|--|----------------------------------|
| <b>Breakfast</b> | 27<br>NO SCHOOL<br>SUKKOT                                  | 28<br>NO SCHOOL<br>SUKKOT                                   | 29<br>NO BREAKFAST<br>LATE START AT 10AM       | 30<br>NO BREAKFAST<br>LATE START 10AM                | 1<br>Cheerios<br>Milk<br>Apples  |
| <b>Lunch</b>     | NO SCHOOL<br>SUKKOT  | NO SCHOOL<br>SUKKOT   | Baked Ziti<br>Caesar Salad<br>Pineapple        | Schnitzel<br>Rice<br>Peas<br>Cantaloupe              | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 4<br>Pita<br>American Cheese<br>Cantaloupe                 | 5<br>Cheerios<br>Milk<br>Watermelon                         | 6<br>Muffin<br>Banana                          | 7<br>Pancakes<br>Syrup<br>Watermelon                 | 8<br>Cheerios<br>Milk<br>Apples  |
| <b>Lunch</b>     | Baked Breaded<br>Fish<br>Cous Cous<br>Corn<br>Pineapple    | Lean Meatballs<br>Spaghetti<br>Cooked Carrots<br>Cantaloupe | Cheese<br>Macaroni<br>Sliced Cucumber<br>Apple | Chicken<br>Whole Grain Rice<br>Tomatoes<br>Pineapple | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 11<br>Cheerios<br>Milk<br>Apples                           | 12<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe        | 13<br>Crackers<br>American Cheese<br>Banana    | 14<br>Muffin<br>Watermelon                           | 15<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | Tuna<br>Whole Wheat<br>Bread<br>Israeli Salad<br>Pineapple | Rice<br>Lean Meat sauce<br>Peas<br>Watermelon               | Baked Ziti<br>Caesar Salad<br>Pineapple        | Schnitzel<br>Rice<br>Peas<br>Cantaloupe              | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 18<br>Pita<br>American Cheese<br>Cantaloupe                | 19<br>Cheerios<br>Milk<br>Watermelon                        | 20<br>Muffin<br>Banana                         | 21<br>Pancakes<br>Syrup<br>Watermelon                | 22<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | Baked Breaded<br>Fish<br>Cous Cous<br>Corn<br>Pineapple    | Lean Meatballs<br>Spaghetti<br>Cooked Carrots<br>Cantaloupe | Cheese<br>Macaroni<br>Sliced Cucumber<br>Apple | Chicken<br>Whole Grain Rice<br>Tomatoes<br>Pineapple | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 25<br>Cheerios<br>Milk<br>Apples                           | 26<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe        | 27<br>Crackers<br>American Cheese<br>Banana    | 28<br>Muffin<br>Watermelon                           | 29<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | Tuna<br>Whole Wheat<br>Bread<br>Israeli Salad<br>Pineapple | Rice<br>Lean Meat sauce<br>Peas<br>Watermelon               | Baked Ziti<br>Caesar Salad<br>Pineapple        | Schnitzel<br>Rice<br>Peas<br>Cantaloupe              | Pizza<br>Salad<br>Fruit          |



# Lunch Menu 2021/22

| NOVEMBER         | Monday   | Tuesday   | Wednesday                                      | Thursday   | Friday                           |
|------------------|--|---|--|--|----------------------------------|
| <b>Breakfast</b> | 1<br>Pita<br>American Cheese<br>Cantaloupe                 | 2<br>Cheerios<br>Milk<br>Watermelon                         | 3<br>Muffin<br>Banana                          | 4<br>Pancakes<br>Syrup<br>Watermelon                 | 5<br>Cheerios<br>Milk<br>Apples  |
| <b>Lunch</b>     | Baked Breaded<br>Fish<br>Cous Cous<br>Corn<br>Pineapple    | Lean Meatballs<br>Spaghetti<br>Cooked Carrots<br>Cantaloupe | Cheese<br>Macaroni<br>Sliced Cucumber<br>Apple | Chicken<br>Whole Grain Rice<br>Tomatoes<br>Pineapple | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 8<br>Cheerios<br>Milk<br>Apples                            | 9<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe         | 10<br>Crackers<br>American Cheese<br>Banana    | 11<br>Muffin<br>Watermelon                           | 12<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | Tuna<br>Whole Wheat<br>Bread<br>Israeli Salad<br>Pineapple | Rice<br>Lean Meat sauce<br>Peas<br>Watermelon               | Baked Ziti<br>Caesar Salad<br>Pineapple        | Schnitzel<br>Rice<br>Peas<br>Cantaloupe              | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 15<br>Pita<br>American Cheese<br>Cantaloupe                | 16<br>Cheerios<br>Milk<br>Watermelon                        | 17<br>Muffin<br>Banana                         | 18<br>Pancakes<br>Syrup<br>Watermelon                | 19<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | Baked Breaded<br>Fish<br>Cous Cous<br>Corn<br>Pineapple    | Lean Meatballs<br>Spaghetti<br>Cooked Carrots<br>Cantaloupe | Cheese<br>Macaroni<br>Sliced Cucumber<br>Apple | Chicken<br>Whole Grain Rice<br>Tomatoes<br>Pineapple | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 22<br>Cheerios<br>Milk<br>Apples                           | 23<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe        | 24<br>NO SCHOOL<br>STAFF DEVELOPMENT<br>DAY    | 25<br>NO SCHOOL<br>THANKSGIVING                      | 26<br>NO SCHOOL<br>THANKSGIVING  |
| <b>Lunch</b>     | Tuna<br>Whole Wheat<br>Bread<br>Israeli Salad<br>Pineapple | THANKSGIVING<br>FEAST                                       | NO SCHOOL<br>STAFF DEVELOPMENT<br>DAY          | NO SCHOOL<br>THANKSGIVING                            | NO SCHOOL<br>THANKSGIVING        |



# Lunch Menu 2021/22

| DECEMBER         | Monday   | Tuesday   | Wednesday                                      | Thursday   | Friday                           |
|------------------|--|---|--|--|----------------------------------|
| <b>Breakfast</b> | 29<br>Pita<br>American Cheese<br>Cantaloupe                | 30<br>Cheerios<br>Milk<br>Watermelon                        | 1<br>Muffin<br>Banana                          | 2<br>Pancakes<br>Syrup<br>Watermelon                 | 3<br>NO SCHOOL<br>CHANUKAH BREAK |
| <b>Lunch</b>     | Baked Breaded<br>Fish<br>Cous Cous<br>Corn<br>Pineapple    | Lean Meatballs<br>Spaghetti<br>Cooked Carrots<br>Cantaloupe | Cheese<br>Macaroni<br>Sliced Cucumber<br>Apple | Chicken<br>Whole Grain Rice<br>Tomatoes<br>Pineapple | NO SCHOOL<br>CHANUKAH BREAK      |
| <b>Breakfast</b> | 6<br>Cheerios<br>Milk<br>Apples                            | 7<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe         | 8<br>Crackers<br>American Cheese<br>Banana     | 9<br>Muffin<br>Watermelon                            | 10<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | Tuna<br>Whole Wheat<br>Bread<br>Israeli Salad<br>Pineapple | Rice<br>Lean Meat sauce<br>Peas<br>Watermelon               | Baked Ziti<br>Caesar Salad<br>Pineapple        | Schnitzel<br>Rice<br>Peas<br>Cantaloupe              | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 13<br>Pita<br>American Cheese<br>Cantaloupe                | 14<br>Cheerios<br>Milk<br>Watermelon                        | 15<br>Muffin<br>Banana                         | 16<br>Pancakes<br>Syrup<br>Watermelon                | 17<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | Baked Breaded<br>Fish<br>Cous Cous<br>Corn<br>Pineapple    | NO LUNCH<br>NOON DISMISSAL                                  | Cheese<br>Macaroni<br>Sliced Cucumber<br>Apple | Chicken<br>Whole Grain Rice<br>Tomatoes<br>Pineapple | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 20<br>Cheerios<br>Milk<br>Apples                           | 21<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe        | 22<br>Crackers<br>American Cheese<br>Banana    | 23<br>Muffin<br>Watermelon                           | 24<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | Tuna<br>Whole Wheat<br>Bread<br>Israeli Salad<br>Pineapple | Rice<br>Lean Meat sauce<br>Peas<br>Watermelon               | Baked Ziti<br>Caesar Salad<br>Pineapple        | Schnitzel<br>Rice<br>Peas<br>Cantaloupe              | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 27<br>Pita<br>American Cheese<br>Cantaloupe                | 28<br>Cheerios<br>Milk<br>Watermelon                        | 29<br>Muffin<br>Banana                         | 30<br>Pancakes<br>Syrup<br>Watermelon                | 31<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | Baked Breaded<br>Fish<br>Cous Cous<br>Corn<br>Pineapple    | Lean Meatballs<br>Spaghetti<br>Cooked Carrots<br>Cantaloupe | Cheese<br>Macaroni<br>Sliced Cucumber<br>Apple | Chicken<br>Whole Grain Rice<br>Tomatoes<br>Pineapple | Pizza<br>Salad<br>Fruit          |



# Lunch Menu 2021/22

| JANUARY          | Monday   | Tuesday   | Wednesday                                      | Thursday   | Friday                           |
|------------------|--|---|--|--|----------------------------------|
| <b>Breakfast</b> | 3<br>Cheerios<br>Milk<br>Apples                            | 4<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe         | 5<br>Crackers<br>American Cheese<br>Banana     | 6<br>Muffin<br>Watermelon                            | 7<br>Cheerios<br>Milk<br>Apples  |
| <b>Lunch</b>     | Tuna<br>Whole Wheat<br>Bread<br>Israeli Salad<br>Pineapple | Rice<br>Lean Meat sauce<br>Peas<br>Watermelon               | Baked Ziti<br>Caesar Salad<br>Pineapple        | Schnitzel<br>Rice<br>Peas<br>Cantaloupe              | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 10<br>Pita<br>American Cheese<br>Cantaloupe                | 11<br>Cheerios<br>Milk<br>Watermelon                        | 12<br>Muffin<br>Banana                         | 13<br>Pancakes<br>Syrup<br>Watermelon                | 14<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | Baked Breaded<br>Fish<br>Cous Cous<br>Corn<br>Pineapple    | Lean Meatballs<br>Spaghetti<br>Cooked Carrots<br>Cantaloupe | Cheese<br>Macaroni<br>Sliced Cucumber<br>Apple | Chicken<br>Whole Grain Rice<br>Tomatoes<br>Pineapple | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 17<br>Cheerios<br>Milk<br>Apples                           | 18<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe        | 19<br>NO SCHOOL<br>WINTER BREAK                | 20<br>NO SCHOOL<br>WINTER BREAK                      | 21<br>NO SCHOOL<br>WINTER BREAK  |
| <b>Lunch</b>     | Tuna<br>Whole Wheat<br>Bread<br>Israeli Salad<br>Pineapple | Rice<br>Lean Meat sauce<br>Peas<br>Watermelon               | NO SCHOOL<br>WINTER BREAK                      | NO SCHOOL<br>WINTER BREAK                            | NO SCHOOL<br>WINTER BREAK        |
| <b>Breakfast</b> | 24<br>NO SCHOOL<br>WINTER BREAK                            | 25<br>NO SCHOOL<br>WINTER BREAK                             | 26<br>NO SCHOOL<br>WINTER BREAK                | 27<br>NO SCHOOL<br>WINTER BREAK                      | 28<br>NO SCHOOL<br>WINTER BREAK  |
| <b>Lunch</b>     | NO SCHOOL<br>WINTER BREAK                                  | NO SCHOOL<br>WINTER BREAK                                   | NO SCHOOL<br>WINTER BREAK                      | NO SCHOOL<br>WINTER BREAK                            | NO SCHOOL<br>WINTER BREAK        |



# Lunch Menu 2021/22

| FEBUARY          | Monday   | Tuesday   | Wednesday                                      | Thursday   | Friday                           |
|------------------|--|---|--|--|----------------------------------|
| <b>Breakfast</b> | 31<br>Cheerios<br>Milk<br>Apples                           | 1<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe         | 2<br>Crackers<br>American Cheese<br>Banana     | 3<br>Muffin<br>Watermelon                            | 4<br>Cheerios<br>Milk<br>Apples  |
| <b>Lunch</b>     | Tuna<br>Whole Wheat<br>Bread<br>Israeli Salad<br>Pineapple | Rice<br>Lean Meat sauce<br>Peas<br>Watermelon               | Baked Ziti<br>Caesar Salad<br>Pineapple        | Schnitzel<br>Rice<br>Peas<br>Cantaloupe              | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 7<br>Pita<br>American Cheese<br>Cantaloupe                 | 8<br>Cheerios<br>Milk<br>Watermelon                         | 9<br>Muffin<br>Banana                          | 10<br>Pancakes<br>Syrup<br>Watermelon                | 11<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | Baked Breaded<br>Fish<br>Cous Cous<br>Corn<br>Pineapple    | Lean Meatballs<br>Spaghetti<br>Cooked Carrots<br>Cantaloupe | Cheese<br>Macaroni<br>Sliced Cucumber<br>Apple | Chicken<br>Whole Grain Rice<br>Tomatoes<br>Pineapple | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 14<br>Cheerios<br>Milk<br>Apples                           | 15<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe        | 16<br>Crackers<br>American Cheese<br>Banana    | 17<br>Muffin<br>Watermelon                           | 18<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | Tuna<br>Whole Wheat<br>Bread<br>Israeli Salad<br>Pineapple | Rice<br>Lean Meat sauce<br>Peas<br>Watermelon               | Baked Ziti<br>Caesar Salad<br>Pineapple        | Schnitzel<br>Rice<br>Peas<br>Cantaloupe              | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 21<br>NO SCHOOL<br>PRESIDENTS DAY                          | 22<br>Cheerios<br>Milk<br>Watermelon                        | 23<br>Muffin<br>Banana                         | 24<br>Pancakes<br>Syrup<br>Watermelon                | 25<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | NO SCHOOL<br>PRESIDENTS DAY                                | Lean Meatballs<br>Spaghetti<br>Cooked Carrots<br>Cantaloupe | Cheese<br>Macaroni<br>Sliced Cucumber<br>Apple | Chicken<br>Whole Grain Rice<br>Tomatoes<br>Pineapple | Pizza<br>Salad<br>Fruit          |



# Lunch Menu 2021/22

| <b>MARCH</b>     | <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>                               | <b>Thursday</b>                                      | <b>Friday</b>                    |
|------------------|--|---|--|--|----------------------------------|
| <b>Breakfast</b> | 28<br>Cheerios<br>Milk<br>Apples                           | 1<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe         | 2<br>Crackers<br>American Cheese<br>Banana     | 3<br>Muffin<br>Watermelon                            | 4<br>Cheerios<br>Milk<br>Apples  |
| <b>Lunch</b>     | Tuna<br>Whole Wheat<br>Bread<br>Israeli Salad<br>Pineapple | Rice<br>Lean Meat sauce<br>Peas<br>Watermelon               | Baked Ziti<br>Caesar Salad<br>Pineapple        | Schnitzel<br>Rice<br>Peas<br>Cantaloupe              | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 7<br>Pita<br>American Cheese<br>Cantaloupe                 | 8<br>Cheerios<br>Milk<br>Watermelon                         | 9<br>Muffin<br>Banana                          | 10<br>Pancakes<br>Syrup<br>Watermelon                | 11<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | Baked Breaded<br>Fish<br>Cous Cous<br>Corn<br>Pineapple    | Lean Meatballs<br>Spaghetti<br>Cooked Carrots<br>Cantaloupe | Cheese<br>Macaroni<br>Sliced Cucumber<br>Apple | Chicken<br>Whole Grain Rice<br>Tomatoes<br>Pineapple | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 14<br>Cheerios<br>Milk<br>Apples                           | 15<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe        | 16<br>Crackers<br>American Cheese<br>Banana    | 17<br>NO SCHOOL<br>PURIM BREAK                       | 18<br>NO SCHOOL<br>PURIM BREAK   |
| <b>Lunch</b>     | Tuna<br>Whole Wheat<br>Bread<br>Israeli Salad<br>Pineapple | Rice<br>Lean Meat sauce<br>Peas<br>Watermelon               | NO LUNCH<br>NOON DISMISSAL                     | NO SCHOOL<br>PURIM BREAK                             | NO SCHOOL<br>PURIM BREAK         |
| <b>Breakfast</b> | 21<br>Pita<br>American Cheese<br>Cantaloupe                | 22<br>Cheerios<br>Milk<br>Watermelon                        | 23<br>Muffin<br>Banana                         | 24<br>Pancakes<br>Syrup<br>Watermelon                | 25<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | Baked Breaded<br>Fish<br>Cous Cous<br>Corn<br>Pineapple    | Lean Meatballs<br>Spaghetti<br>Cooked Carrots<br>Cantaloupe | Cheese<br>Macaroni<br>Sliced Cucumber<br>Apple | Chicken<br>Whole Grain Rice<br>Tomatoes<br>Pineapple | Pizza<br>Salad<br>Fruit          |



# Lunch Menu 2021/22

| APRIL            | Monday   | Tuesday   | Wednesday                                      | Thursday   | Friday                           |
|------------------|--|---|--|--|----------------------------------|
| <b>Breakfast</b> | 28<br>Cheerios<br>Milk<br>Apples                           | 29<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe        | 30<br>Crackers<br>American Cheese<br>Banana    | 31<br>Muffin<br>Watermelon                           | 1<br>Cheerios<br>Milk<br>Apples  |
| <b>Lunch</b>     | Tuna<br>Whole Wheat<br>Bread<br>Israeli Salad<br>Pineapple | Rice<br>Lean Meat sauce<br>Peas<br>Watermelon               | Baked Ziti<br>Caesar Salad<br>Pineapple        | Schnitzel<br>Rice<br>Peas<br>Cantaloupe              | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 4<br>Pita<br>American Cheese<br>Cantaloupe                 | 5<br>Cheerios<br>Milk<br>Watermelon                         | 6<br>Muffin<br>Banana                          | 7<br>Pancakes<br>Syrup<br>Watermelon                 | 8<br>Cheerios<br>Milk<br>Apples  |
| <b>Lunch</b>     | Baked Breaded<br>Fish<br>Cous Cous<br>Corn<br>Pineapple    | Lean Meatballs<br>Spaghetti<br>Cooked Carrots<br>Cantaloupe | Cheese<br>Macaroni<br>Sliced Cucumber<br>Apple | Chicken<br>Whole Grain Rice<br>Tomatoes<br>Pineapple | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 11<br>Cheerios<br>Milk<br>Apples                           | 12<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe        | 13<br>Crackers<br>American Cheese<br>Banana    | 14<br>NO SCHOOL<br>PESACH BREAK                      | 15<br>NO SCHOOL<br>PESACH BREAK  |
| <b>Lunch</b>     | Tuna<br>Whole Wheat<br>Bread<br>Israeli Salad<br>Pineapple | Rice<br>Lean Meat sauce<br>Peas<br>Watermelon               | Baked Ziti<br>Caesar Salad<br>Pineapple        | NO SCHOOL<br>PESACH BREAK                            | NO SCHOOL<br>PESACH BREAK        |
| <b>Breakfast</b> | 18<br>NO SCHOOL<br>PESACH BREAK                            | 19<br>NO SCHOOL<br>PESACH BREAK                             | 20<br>NO SCHOOL<br>PESACH BREAK                | 21<br>NO SCHOOL<br>PESACH BREAK                      | 22<br>NO SCHOOL<br>PESACH BREAK  |
| <b>Lunch</b>     | NO SCHOOL<br>PESACH BREAK                                  | NO SCHOOL<br>PESACH BREAK                                   | NO SCHOOL<br>PESACH BREAK                      | NO SCHOOL<br>PESACH BREAK                            | NO SCHOOL<br>PESACH BREAK        |
| <b>Breakfast</b> | 25<br>Cheerios<br>Milk<br>Apples                           | 26<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe        | 27<br>Crackers<br>American Cheese<br>Banana    | 28<br>Muffin<br>Watermelon                           | 29<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | Tuna<br>Whole Wheat<br>Bread<br>Israeli Salad<br>Pineapple | Rice<br>Lean Meat sauce<br>Peas<br>Watermelon               | Baked Ziti<br>Caesar Salad<br>Pineapple        | Schnitzel<br>Rice<br>Peas<br>Cantaloupe              | Pizza<br>Salad<br>Fruit          |





# Lunch Menu 2021/22

| MAY              | Monday   | Tuesday   | Wednesday                                      | Thursday   | Friday                           |
|------------------|--|---|--|--|----------------------------------|
| <b>Breakfast</b> | 2<br>Pita<br>American Cheese<br>Cantaloupe                 | 3<br>Cheerios<br>Milk<br>Watermelon                         | 4<br>Muffin<br>Banana                          | 5<br>Pancakes<br>Syrup<br>Watermelon                 | 6<br>Cheerios<br>Milk<br>Apples  |
| <b>Lunch</b>     | Baked Breaded<br>Fish<br>Cous Cous<br>Corn<br>Pineapple    | Lean Meatballs<br>Spaghetti<br>Cooked Carrots<br>Cantaloupe | Cheese<br>Macaroni<br>Sliced Cucumber<br>Apple | Chicken<br>Whole Grain Rice<br>Tomatoes<br>Pineapple | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 9<br>Cheerios<br>Milk<br>Apples                            | 10<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe        | 11<br>Crackers<br>American Cheese<br>Banana    | 12<br>Muffin<br>Watermelon                           | 13<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | Tuna<br>Whole Wheat<br>Bread<br>Israeli Salad<br>Pineapple | Rice<br>Lean Meat sauce<br>Peas<br>Watermelon               | Baked Ziti<br>Caesar Salad<br>Pineapple        | Schnitzel<br>Rice<br>Peas<br>Cantaloupe              | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 16<br>Pita<br>American Cheese<br>Cantaloupe                | 17<br>Cheerios<br>Milk<br>Watermelon                        | 18<br>Muffin<br>Banana                         | 19<br>Pancakes<br>Syrup<br>Watermelon                | 20<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | Baked Breaded<br>Fish<br>Cous Cous<br>Corn<br>Pineapple    | Lean Meatballs<br>Spaghetti<br>Cooked Carrots<br>Cantaloupe | Cheese<br>Macaroni<br>Sliced Cucumber<br>Apple | Chicken<br>Whole Grain Rice<br>Tomatoes<br>Pineapple | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 23<br>Cheerios<br>Milk<br>Apples                           | 24<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe        | 25<br>Crackers<br>American Cheese<br>Banana    | 26<br>Muffin<br>Watermelon                           | 27<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | Tuna<br>Whole Wheat<br>Bread<br>Israeli Salad<br>Pineapple | Rice<br>Lean Meat sauce<br>Peas<br>Watermelon               | Baked Ziti<br>Caesar Salad<br>Pineapple        | Schnitzel<br>Rice<br>Peas<br>Cantaloupe              | Pizza<br>Salad<br>Fruit          |



# Lunch Menu 2021/22

| JUNE             | Monday  | Tuesday   | Wednesday                                      | Thursday   | Friday                           |
|------------------|---|---|--|--|----------------------------------|
| <b>Breakfast</b> | 30<br>NO SCHOOL<br>MEMORIAL DAY                         | 31<br>Cheerios<br>Milk<br>Watermelon                        | 1<br>Muffin<br>Banana                          | 2<br>Pancakes<br>Syrup<br>Watermelon                 | 3<br>Cheerios<br>Milk<br>Apples  |
| <b>Lunch</b>     | NO SCHOOL<br>MEMORIAL DAY                               | Lean Meatballs<br>Spaghetti<br>Cooked Carrots<br>Cantaloupe | Cheese<br>Macaroni<br>Sliced Cucumber<br>Apple | Chicken<br>Whole Grain Rice<br>Tomatoes<br>Pineapple | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 6<br>NO SCHOOL<br>SHAVOUT BREAK                         | 7<br>Whole Wheat Pita<br>Cream Cheese<br>Cantaloupe         | 8<br>Crackers<br>American Cheese<br>Banana     | 9<br>Muffin<br>Watermelon                            | 10<br>Cheerios<br>Milk<br>Apples |
| <b>Lunch</b>     | NO SCHOOL<br>SHAVOUT BREAK                              | Rice<br>Lean Meat sauce<br>Peas<br>Watermelon               | Baked Ziti<br>Caesar Salad<br>Pineapple        | Schnitzel<br>Rice<br>Peas<br>Cantaloupe              | Pizza<br>Salad<br>Fruit          |
| <b>Breakfast</b> | 13<br>Pita<br>American Cheese<br>Cantaloupe             | 14<br>Cheerios<br>Milk<br>Watermelon                        | 15<br>Muffin<br>Banana                         |  |                                  |
| <b>Lunch</b>     | Baked Breaded<br>Fish<br>Cous Cous<br>Corn<br>Pineapple | Lean Meatballs<br>Spaghetti<br>Cooked Carrots<br>Cantaloupe | Cheese<br>Macaroni<br>Sliced Cucumber<br>Apple |  |                                  |