



2023-24

Menu



JIT Chabad Menu August 2023

"1 year olds receive unflavored whole milk, children 2-5 receive unflavored 1% milk.

					FRIDAY 25
Breakfast					Milk* Cheerios Apples
Lunch					*
Snack					
	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 1
Breakfast	Milk* Whole Wheat Pita Cheese cantaloupe	Whole Grain Cheerios Milk* Apple	Blueberry Muffin Banana Milk*	pancake watermelon Milk*	Whole Grain Cheerios Milk* Apples
Lunch	Fish Sticks* Couscous Corn on the cob Pineapple Milk*	Meat balls Spaghetti Cooked carrots cantaloupe Apple Juice	Macaroni and Cheese* Slice Cucumber watermelon Milk*	Chicken Bottoms Sweet potatoes wedges Sliced Tomatoes Pineapple Whole Grain Rice Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	Animal Crackers Applesauce	Whole Grain Rice Crackers Grapes	WG Graham Crackers Apples	Cucumbers Pretzels	WG Graham Crackers Watermelon



JIT Chabad Menu September 2023

"1 year olds receive unflavored whole milk, children 2-5 receive unflavored 1% milk.

	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Breakfast	LABOR DAY NO SCHOOL	Milk* Cream Cheese Apple pita	Whole Grain Crackers American Cheese Banana Milk*	Apple Cinnamon Muffin Watermelon Milk*	Milk* Cheerios Apples
Lunch		Apple Juice meat sauce Grilled zucchini Cantaloupe Whole grain Rice	Baked Ziti* Caesar Salad Watermelon Milk*	Schnitzel* roasted potatoes Whole Grain Rice pineapple Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack		Animal Crackers Apple Sauce	WG Graham Crackers Seasonal Fresh Fruit	WG Rice Crackers Pears	Apples Whole Grain Crackers
	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Breakfast	Milk* Whole Grain Pita Cheese cantaloupe	Whole Grain Cheerios Milk* Apple	Blueberry Muffin Banana Milk*	pancake watermelon Milk*	ROSH HASHANAH NO SCHOOL
Lunch	Fish Sticks* Couscous Corn on the cob Pineapple Milk*	Meat balls Spaghetti Cooked carrots cantaloupe Apple Juice	Macaroni and Cheese* Slice Cucumber watermelon Milk*	Chicken Bottoms Sweet potatoes wedges Sliced Tomatoes Pineapple Whole Grain Rice Apple Juice	
Snack	Animal Crackers Applesauce	Whole Grain Rice Crackers Grapes	WG Graham Crackers Apples	Cucumbers Pretzels	
	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Breakfast	LATE START @ 10am NO BREAKFAST	Milk* Cream Cheese Apple pita	Whole Grain Crackers American Cheese Banana Milk*	Apple Cinnamon Muffin Watermelon Milk*	Milk* Cheerios Apples
Lunch	Tuna Whole wheat bread Israeli Salad (cucumbers and tomatoes chopped) Pineapple Milk*	Apple Juice meat sauce Grilled zucchini Cantaloupe Whole grain Rice	Baked Ziti* Caesar Salad Watermelon Milk*	Schnitzel* roasted potatoes Whole Grain Rice pineapple Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	Graham Crackers Orange	Animal Crackers Apple Sauce	WG Graham Crackers Seasonal Fresh Fruit	WG Rice Crackers Pears	Apples Whole Grain Crackers
	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Breakfast	YOM KIPPUR NO SCHOOL	Whole Grain Cheerios Milk* Apple	Blueberry Muffin Banana Milk*	SUKKOT NO SCHOOL	
Lunch		Meat balls Spaghetti Cooked carrots cantaloupe Apple Juice	Macaroni and Cheese* Slice Cucumber watermelon Milk*		
Snack		Whole Grain Rice Crackers Grapes	WG Graham Crackers Apples		



JIT Chabad Menu October 2023

"1 year olds receive unflavored whole milk, children 2-5 receive unflavored 1% milk.

	3- 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Breakfast	SUKKOT NO SCHOOL	Milk* Cream Cheese Apple pita	Whole Grain Crackers American Cheese Banana Milk*	Apple Cinnamon Muffin Watermelon Milk*	Milk* Cheerios Apples
Lunch		Apple Juice meat sauce Grilled zucchini Cantaloupe Whole grain Rice	Baked Ziti* Caesar Salad Watermelon Milk*	Schnitzel* roasted potatoes Whole Grain Rice pineapple Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack		Animal Crackers Apple Sauce	WG Graham Crackers Seasonal Fresh Fruit	WG Rice Crackers Pears	Apples Whole Grain Crackers
	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Breakfast	Milk* Whole Grain Pita Cheese cantaloupe	Whole Grain Cheerios Milk* Apple	Blueberry Muffin Banana Milk*	pancake watermelon Milk*	Whole Grain Cheerios Milk* Apples
Lunch	Fish Sticks* Couscous Corn on the cob Pineapple Milk*	Meat balls Spaghetti Cooked carrots cantaloupe Apple Juice	Macaroni and Cheese* Slice Cucumber watermelon Milk*	Chicken Bottoms Sweet potatoes wedges Sliced Tomatoes Pineapple Whole Grain Rice Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	Animal Crackers Applesauce	Whole Grain Rice Crackers Grapes	WG Graham Crackers Apples	Cucumbers Pretzels	WG Graham Crackers Watermelon
	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Breakfast	Whole Grain Cheerios Milk* cantaloupe	Milk* Cream Cheese Apple pita	Whole Grain Crackers American Cheese Banana Milk*	Apple Cinnamon Muffin Watermelon Milk*	Milk* Cheerios Apples
Lunch	Tuna Whole wheat bread Israeli Salad (cucumbers and tomatoes chopped) Pineapple Milk*	Apple Juice meat sauce Grilled zucchini Cantaloupe Whole grain Rice	Baked Ziti* Caesar Salad Watermelon Milk*	Schnitzel* roasted potatoes Whole Grain Rice pineapple Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	Graham Crackers Orange	Animal Crackers Apple Sauce	WG Graham Crackers Seasonal Fresh Fruit	WG Rice Crackers Pears	Apples Whole Grain Crackers
	MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
Breakfast	Milk* Whole Wheat Pita Cheese cantaloupe	Whole Grain Cheerios Milk* Apple	Blueberry Muffin Banana Milk*	pancake watermelon Milk*	Whole Grain Cheerios Milk* Apples
Lunch	Fish Sticks* Couscous Corn on the cob Pineapple Milk*	Meat balls Spaghetti Cooked carrots cantaloupe Apple Juice	Macaroni and Cheese* Slice Cucumber watermelon Milk*	Chicken Bottoms Sweet potatoes wedges Sliced Tomatoes Pineapple Whole Grain Rice Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	Animal Crackers Applesauce	Whole Grain Rice Crackers Grapes	WG Graham Crackers Apples	Cucumbers Pretzels	WG Graham Crackers Watermelon



JIT Chabad Menu November 2023

“1 year olds receive unflavored whole milk, children 2-5 receive unflavored 1% milk.

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Breakfast	Whole Grain Cheerios Milk* cantaloupe	Milk* Cream Cheese Apple pita	Whole Grain Crackers American Cheese Banana Milk*	Apple Cinnamon Muffin Watermelon Milk*	Milk* Cheerios Apples
Lunch	Tuna Whole wheat bread Israeli Salad (cucumbers and tomatoes chopped) Pineapple Milk*	Apple Juice meat sauce Grilled zucchini Cantaloupe Whole grain Rice	Baked Ziti* Caesar Salad Watermelon Milk*	Schnitzel* roasted potatoes Whole Grain Rice pineapple Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	WG Graham Crackers Orange	Animal Crackers Apple Sauce	WG Graham Crackers Seasonal Fresh Fruit	WG Rice Crackers Pears	Apples Whole Grain Crackers
	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Breakfast	Milk* Whole Grain Pita Cheese cantaloupe	Whole Grain Cheerios Milk* Apple	Blueberry Muffin Banana Milk*	pancake watermelon Milk*	Whole Grain Cheerios Milk* Apples
Lunch	Fish Sticks* Couscous Corn on the cob Pineapple Milk*	Meat balls Spaghetti Cooked carrots cantaloupe Apple Juice	Macaroni and Cheese* Slice Cucumber watermelon Milk*	Chicken Bottoms Sweet potatoes wedges Sliced Tomatoes Pineapple Whole Grain Rice Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	Animal Crackers Applesauce	Whole Grain Rice Crackers Grapes	WG Graham Crackers Apples	Cucumbers Pretzels	WG Graham Crackers Watermelon
	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Breakfast	Whole Grain Cheerios Milk* cantaloupe	Milk* Cream Cheese Apple pita	THANKSGIVING BREAK NO SCHOOL		
Lunch	Tuna Whole wheat bread Israeli Salad (cucumbers and tomatoes chopped) Pineapple Milk*	Apple Juice Turkey Sandwiches Pumpkin Pie Cantaloupe Whole grain Rice			
Snack	Graham Crackers Orange	Animal Crackers Apple Sauce			
	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 1
Breakfast	Milk* Whole Wheat Pita Cheese cantaloupe	Whole Grain Cheerios Milk* Apple	Blueberry Muffin Banana Milk*	pancake watermelon Milk*	Whole Grain Cheerios Milk* Apples
Lunch	Fish Sticks* Couscous Corn on the cob Pineapple Milk*	Meat balls Spaghetti Cooked carrots cantaloupe Apple Juice	Macaroni and Cheese* Slice Cucumber watermelon Milk*	Chicken Bottoms Sweet potatoes wedges Sliced Tomatoes Pineapple Whole Grain Rice Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	Animal Crackers Applesauce	Whole Grain Rice Crackers Grapes	WG Graham Crackers Apples	Cucumbers Pretzels	WG Graham Crackers Watermelon



JIT Chabad Menu December 2023

"1 year olds receive unflavored whole milk, children 2-5 receive unflavored 1% milk.

	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Breakfast	Whole Grain Cheerios Milk* cantaloupe	Milk* Cream Cheese Apple pita	Whole Grain Crackers American Cheese Banana Milk*	Apple Cinnamon Muffin Watermelon Milk*	Milk* Cheerios Apples
Lunch	Tuna Whole wheat bread Israeli Salad (cucumbers and tomatoes chopped) Pineapple Milk*	Apple Juice meat sauce Grilled zucchini Cantaloupe Whole grain Rice	Baked Ziti* Caesar Salad Watermelon Milk*	Schnitzel* roasted potatoes Whole Grain Rice pineapple Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	WG Graham Crackers Orange	Animal Crackers Apple Sauce	WG Graham Crackers Seasonal Fresh Fruit	WG Rice Crackers Pears	Apples Whole Grain Crackers
	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Breakfast	CHANUKAH BREAK	Whole Grain Cheerios Milk* Apple	Blueberry Muffin Banana Milk*	pancake watermelon Milk*	Whole Grain Cheerios Milk* Apples
Lunch		Meat balls Spaghetti Cooked carrots cantaloupe Apple Juice	Macaroni and Cheese* Slice Cucumber watermelon Milk*	Chicken Bottoms Sweet potatoes wedges Sliced Tomatoes Pineapple Whole Grain Rice Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack		Whole Grain Rice Crackers Grapes	WG Graham Crackers Apples	Cucumbers Pretzels	WG Graham Crackers Watermelon
	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Breakfast	Whole Grain Cheerios Milk* cantaloupe	Milk* Cream Cheese Apple pita	Whole Grain Crackers American Cheese Banana Milk*	Apple Cinnamon Muffin Watermelon Milk*	Milk* Cheerios Apples
Lunch	Tuna Whole wheat bread Israeli Salad (cucumbers and tomatoes chopped) Pineapple Milk*	Apple Juice meat sauce Grilled zucchini Cantaloupe Whole grain Rice	Baked Ziti* Caesar Salad Watermelon Milk*	Schnitzel* roasted potatoes Whole Grain Rice pineapple Apple Juice	ASARAH B'TEVET NOON DISMISSAL NO LUNCH
Snack	Graham Crackers Orange	Animal Crackers Apple Sauce	WG Graham Crackers Seasonal Fresh Fruit	WG Rice Crackers Pears	
	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Breakfast	Milk* Whole Wheat Pita Cheese cantaloupe	Whole Grain Cheerios Milk* Apple	Blueberry Muffin Banana Milk*	pancake watermelon Milk*	Whole Grain Cheerios Milk* Apples
Lunch	Fish Sticks* Couscous Corn on the cob Pineapple Milk*	Meat balls Spaghetti Cooked carrots cantaloupe Apple Juice	Macaroni and Cheese* Slice Cucumber watermelon Milk*	Chicken Bottoms Sweet potatoes wedges Sliced Tomatoes Pineapple Whole Grain Rice Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	Animal Crackers Applesauce	Whole Grain Rice Crackers Grapes	WG Graham Crackers Apples	Cucumbers Pretzels	WG Graham Crackers Watermelon



JIT Chabad Menu January 2024

"1 year olds receive unflavored whole milk, children 2-5 receive unflavored 1% milk.

	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Breakfast	NEW YEAR NO SCHOOL	Milk* Cream Cheese Apple pita	Whole Grain Crackers American Cheese Banana Milk*	Apple Cinnamon Muffin Watermelon Milk*	Milk* Cheerios Apples
Lunch		Apple Juice meat sauce Grilled zucchini Cantaloupe Whole grain Rice	Baked Ziti* Caesar Salad Watermelon Milk*	Schnitzel* roasted potatoes Whole Grain Rice pineapple Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack		Animal Crackers Apple Sauce	WG Graham Crackers Seasonal Fresh Fruit	WG Rice Crackers Pears	Apples Whole Grain Crackers
	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Breakfast	Milk* Whole Grain Pita Cheese cantaloupe	Whole Grain Cheerios Milk* Apple	Blueberry Muffin Banana Milk*	pancake watermelon Milk*	Whole Grain Cheerios Milk* Apples
Lunch	Fish Sticks* Couscous Corn on the cob Pineapple Milk*	Meat balls Spaghetti Cooked carrots cantaloupe Apple Juice	Macaroni and Cheese* Slice Cucumber watermelon Milk*	Chicken Bottoms Sweet potatoes wedges Sliced Tomatoes Pineapple Whole Grain Rice Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	Animal Crackers Applesauce	Whole Grain Rice Crackers Grapes	WG Graham Crackers Apples	Cucumbers Pretzels	WG Graham Crackers Watermelon
	MONDAY 15	TUESDAY 16	WEDNESDAY 17- FRIDAY 26		
Breakfast	Whole Grain Cheerios Milk* cantaloupe	Milk* Cream Cheese Apple pita	WINTER BREAK NO SCHOOL		
Lunch	Tuna Whole wheat bread Israeli Salad (cucumbers and tomatoes chopped) Pineapple Milk*	Apple Juice meat sauce Grilled zucchini Cantaloupe Whole grain Rice			
Snack	Graham Crackers Orange	Animal Crackers Apple Sauce			
	MONDAY 29	TUESDAY 30	WEDNESDAY 31	THURSDAY 1	FRIDAY 2
Breakfast	Milk* Whole Wheat Pita Cheese cantaloupe	Whole Grain Cheerios Milk* Apple	Blueberry Muffin Banana Milk*	pancake watermelon Milk*	Whole Grain Cheerios Milk* Apples
Lunch	Fish Sticks* Couscous Corn on the cob Pineapple Milk*	Meat balls Spaghetti Cooked carrots cantaloupe Apple Juice	Macaroni and Cheese* Slice Cucumber watermelon Milk*	Chicken Bottoms Sweet potatoes wedges Sliced Tomatoes Pineapple Whole Grain Rice Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	Animal Crackers Applesauce	Whole Grain Rice Crackers Grapes	WG Graham Crackers Apples	Cucumbers Pretzels	WG Graham Crackers Watermelon



JIT Chabad Menu February 2024

“1 year olds receive unflavored whole milk, children 2-5 receive unflavored 1% milk.

	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
Breakfast	Whole Grain Cheerios Milk* cantaloupe	Milk* Cream Cheese Apple pita	Whole Grain Crackers American Cheese Banana Milk*	Apple Cinnamon Muffin Watermelon Milk*	Milk* Cheerios Apples
Lunch	Tuna Whole wheat bread Israeli Salad (cucumbers and tomatoes chopped) Pineapple Milk*	Apple Juice meat sauce Grilled zucchini Cantaloupe Whole grain Rice	Baked Ziti* Caesar Salad Watermelon Milk*	Schnitzel* roasted potatoes Whole Grain Rice pineapple Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	WG Graham Crackers Orange	Animal Crackers Apple Sauce	WG Graham Crackers Seasonal Fresh Fruit	WG Rice Crackers Pears	Apples Whole Grain Crackers
	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
Breakfast	Milk* Whole Grain Pita Cheese cantaloupe	Whole Grain Cheerios Milk* Apple	Blueberry Muffin Banana Milk*	pancake watermelon Milk*	STAFF DEVELOPMENT DAY NO SCHOOL
Lunch	Fish Sticks* Couscous Corn on the cob Pineapple Milk*	Meat balls Spaghetti Cooked carrots cantaloupe Apple Juice	Macaroni and Cheese* Slice Cucumber watermelon Milk*	Chicken Bottoms Sweet potatoes wedges Sliced Tomatoes Pineapple Whole Grain Rice Apple Juice	
Snack	Animal Crackers Applesauce	Whole Grain Rice Crackers Grapes	WG Graham Crackers Apples	Cucumbers Pretzels	
	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
Breakfast	PRESIDENT'S DAY NO SCHOOL	Milk* Cream Cheese Apple pita	Whole Grain Crackers American Cheese Banana Milk*	Apple Cinnamon Muffin Watermelon Milk*	Milk* Cheerios Apples
Lunch		Apple Juice meat sauce Grilled zucchini Cantaloupe Whole grain Rice	Baked Ziti* Caesar Salad Watermelon Milk*	Schnitzel* roasted potatoes Whole Grain Rice pineapple Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack		Animal Crackers Apple Sauce	WG Graham Crackers Seasonal Fresh Fruit	WG Rice Crackers Pears	Apples Whole Grain Crackers
	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 1
Breakfast	Milk* Whole Wheat Pita Cheese cantaloupe	Whole Grain Cheerios Milk* Apple	Blueberry Muffin Banana Milk*	pancake watermelon Milk*	Whole Grain Cheerios Milk* Apples
Lunch	Fish Sticks* Couscous Corn on the cob Pineapple Milk*	Meat balls Spaghetti Cooked carrots cantaloupe Apple Juice	Macaroni and Cheese* Slice Cucumber watermelon Milk*	Chicken Bottoms Sweet potatoes wedges Sliced Tomatoes Pineapple Whole Grain Rice Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	Animal Crackers Applesauce	Whole Grain Rice Crackers Grapes	WG Graham Crackers Apples	Cucumbers Pretzels	WG Graham Crackers Watermelon



JIT Chabad Menu March 2024

"1 year olds receive unflavored whole milk, children 2-5 receive unflavored 1% milk.

	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Breakfast	Whole Grain Cheerios Milk* cantaloupe	Milk* Cream Cheese Apple pita	Whole Grain Crackers American Cheese Banana Milk*	Apple Cinnamon Muffin Watermelon Milk*	Milk* Cheerios Apples
Lunch	Tuna Whole wheat bread Israeli Salad (cucumbers and tomatoes chopped) Pineapple Milk*	Apple Juice meat sauce Grilled zucchini Cantaloupe Whole grain Rice	Baked Ziti* Caesar Salad Watermelon Milk*	Schnitzel* roasted potatoes Whole Grain Rice pineapple Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	WG Graham Crackers Orange	Animal Crackers Apple Sauce	WG Graham Crackers Seasonal Fresh Fruit	WG Rice Crackers Pears	Apples Whole Grain Crackers
	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Breakfast	Milk* Whole Grain Pita Cheese cantaloupe	Whole Grain Cheerios Milk* Apple	Blueberry Muffin Banana Milk*	pancake watermelon Milk*	Whole Grain Cheerios Milk* Apples
Lunch	Fish Sticks* Couscous Corn on the cob Pineapple Milk*	Meat balls Spaghetti Cooked carrots cantaloupe Apple Juice	Macaroni and Cheese* Slice Cucumber watermelon Milk*	Chicken Bottoms Sweet potatoes wedges Sliced Tomatoes Pineapple Whole Grain Rice Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	Animal Crackers Applesauce	Whole Grain Rice Crackers Grapes	WG Graham Crackers Apples	Cucumbers Pretzels	WG Graham Crackers Watermelon
	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Breakfast	Whole Grain Cheerios Milk* cantaloupe	Milk* Cream Cheese Apple pita	Whole Grain Crackers American Cheese Banana Milk*	Apple Cinnamon Muffin Watermelon Milk*	Milk* Cheerios Apples
Lunch	Tuna Whole wheat bread Israeli Salad (cucumbers and tomatoes chopped) Pineapple Milk*	Apple Juice meat sauce Grilled zucchini Cantaloupe Whole grain Rice	Baked Ziti* Caesar Salad Watermelon Milk*	TAANIT ESTHER NOON DISMISSAL NO LUNCH	Cheese Pizza Tossed Salad Peaches Milk*
Snack	Graham Crackers Orange	Animal Crackers Apple Sauce	WG Graham Crackers Seasonal Fresh Fruit		Apples Whole Grain Crackers
	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Breakfast	SHUSHAN PURIM LATE START @ 10AM NO BF	Whole Grain Cheerios Milk* Apple	Blueberry Muffin Banana Milk*	pancake watermelon Milk*	Whole Grain Cheerios Milk* Apples
Lunch	Fish Sticks* Couscous Corn on the cob Pineapple Milk*	Meat balls Spaghetti Cooked carrots cantaloupe Apple Juice	Macaroni and Cheese* Slice Cucumber watermelon Milk*	Chicken Bottoms Sweet potatoes wedges Sliced Tomatoes Pineapple Whole Grain Rice Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	Animal Crackers Applesauce	Whole Grain Rice Crackers Grapes	WG Graham Crackers Apples	Cucumbers Pretzels	WG Graham Crackers Watermelon



JIT Chabad Menu April 2024

"1 year olds receive unflavored whole milk, children 2-5 receive unflavored 1% milk.

	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Breakfast	Whole Grain Cheerios Milk* cantaloupe	Milk* Cream Cheese Apple pita	Whole Grain Crackers American Cheese Banana Milk*	Apple Cinnamon Muffin Watermelon Milk*	Milk* Cheerios Apples
Lunch	Tuna Whole wheat bread Israeli Salad (cucumbers and tomatoes chopped) Pineapple Milk*	Apple Juice meat sauce Grilled zucchini Cantaloupe Whole grain Rice	Baked Ziti* Caesar Salad Watermelon Milk*	Schnitzel* roasted potatoes Whole Grain Rice pineapple Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	WG Graham Crackers Orange	Animal Crackers Apple Sauce	WG Graham Crackers Seasonal Fresh Fruit	WG Rice Crackers Pears	Apples Whole Grain Crackers
	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Breakfast	Milk* Whole Grain Pita Cheese cantaloupe	Whole Grain Cheerios Milk* Apple	Blueberry Muffin Banana Milk*	pancake watermelon Milk*	Whole Grain Cheerios Milk* Apples
Lunch	Fish Sticks* Couscous Corn on the cob Pineapple Milk*	Meat balls Spaghetti Cooked carrots cantaloupe Apple Juice	Macaroni and Cheese* Slice Cucumber watermelon Milk*	Chicken Bottoms Sweet potatoes wedges Sliced Tomatoes Pineapple Whole Grain Rice Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	Animal Crackers Applesauce	Whole Grain Rice Crackers Grapes	WG Graham Crackers Apples	Cucumbers Pretzels	WG Graham Crackers Watermelon
	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18 – WEDNESDAY MAY 1	
Breakfast	Whole Grain Cheerios Milk* cantaloupe	Milk* Cream Cheese Apple pita	Whole Grain Crackers American Cheese Banana Milk*	PESACH BREAK NO SCHOOL	
Lunch	Tuna Whole wheat bread Israeli Salad (cucumbers and tomatoes chopped) Pineapple Milk*	Apple Juice meat sauce Grilled zucchini Cantaloupe Whole grain Rice	Baked Ziti* Caesar Salad Watermelon Milk*		
Snack	Graham Crackers Orange	Animal Crackers Apple Sauce	WG Graham Crackers Seasonal Fresh Fruit		
				THURSDAY 2	FRIDAY 3
Breakfast				Apple Cinnamon Muffin Watermelon Milk*	Milk* Cheerios Apples
Lunch				Schnitzel* roasted potatoes Whole Grain Rice pineapple Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack				WG Rice Crackers Pears	Apples Whole Grain Crackers



JIT Chabad Menu May 2024

"1 year olds receive unflavored whole milk, children 2-5 receive unflavored 1% milk.

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Breakfast	Whole Grain Cheerios Milk* cantaloupe	Milk* Cream Cheese Apple pita	Whole Grain Crackers American Cheese Banana Milk*	Apple Cinnamon Muffin Watermelon Milk*	Milk* Cheerios Apples
Lunch	Tuna Whole wheat bread Israeli Salad (cucumbers and tomatoes chopped) Pineapple Milk*	Apple Juice meat sauce Grilled zucchini Cantaloupe Whole grain Rice	Baked Ziti* Caesar Salad Watermelon Milk*	Schnitzel* roasted potatoes Whole Grain Rice pineapple Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	WG Graham Crackers Orange	Animal Crackers Apple Sauce	WG Graham Crackers Seasonal Fresh Fruit	WG Rice Crackers Pears	Apples Whole Grain Crackers
	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Breakfast	Milk* Whole Grain Pita Cheese cantaloupe	Whole Grain Cheerios Milk* Apple	Blueberry Muffin Banana Milk*	pancake watermelon Milk*	Whole Grain Cheerios Milk* Apples
Lunch	Fish Sticks* Couscous Corn on the cob Pineapple Milk*	Meat balls Spaghetti Cooked carrots cantaloupe Apple Juice	Macaroni and Cheese* Slice Cucumber watermelon Milk*	Chicken Bottoms Sweet potatoes wedges Sliced Tomatoes Pineapple Whole Grain Rice Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	Animal Crackers Applesauce	Whole Grain Rice Crackers Grapes	WG Graham Crackers Apples	Cucumbers Pretzels	WG Graham Crackers Watermelon
	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Breakfast	Whole Grain Cheerios Milk* cantaloupe	Milk* Cream Cheese Apple pita	Whole Grain Crackers American Cheese Banana Milk*	Apple Cinnamon Muffin Watermelon Milk*	Milk* Cheerios Apples
Lunch	Tuna Whole wheat bread Israeli Salad (cucumbers and tomatoes chopped) Pineapple Milk*	Apple Juice meat sauce Grilled zucchini Cantaloupe Whole grain Rice	Baked Ziti* Caesar Salad Watermelon Milk*	Schnitzel* roasted potatoes Whole Grain Rice pineapple Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack	Graham Crackers Orange	Animal Crackers Apple Sauce	WG Graham Crackers Seasonal Fresh Fruit	WG Rice Crackers Pears	Apples Whole Grain Crackers
	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
Breakfast	MEMORIAL DAY NO SCHOOL	Whole Grain Cheerios Milk* Apple	Blueberry Muffin Banana Milk*	pancake watermelon Milk*	Whole Grain Cheerios Milk* Apples
Lunch		Meat balls Spaghetti Cooked carrots cantaloupe Apple Juice	Macaroni and Cheese* Slice Cucumber watermelon Milk*	Chicken Bottoms Sweet potatoes wedges Sliced Tomatoes Pineapple Whole Grain Rice Apple Juice	Cheese Pizza Tossed Salad Peaches Milk*
Snack		Whole Grain Rice Crackers Grapes	WG Graham Crackers Apples	Cucumbers Pretzels	WG Graham Crackers Watermelon



JIT Chabad Menu June 2024

"1 year olds receive unflavored whole milk, children 2-5 receive unflavored 1% milk.

	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	
Breakfast	Whole Grain Cheerios Milk* cantaloupe	Milk* Cream Cheese Apple pita	Whole Grain Crackers American Cheese Banana Milk*	Apple Cinnamon Muffin Watermelon Milk*	
Lunch	Tuna Whole wheat bread Israeli Salad (cucumbers and tomatoes chopped) Pineapple Milk*	Apple Juice meat sauce Grilled zucchini Cantaloupe Whole grain Rice	Baked Ziti* Caesar Salad Watermelon Milk*	Schnitzel* roasted potatoes Whole Grain Rice pineapple Apple Juice	
Snack	WG Graham Crackers Orange	Animal Crackers Apple Sauce	WG Graham Crackers Seasonal Fresh Fruit	WG Rice Crackers Pears	