

October 2023 Lunch Menu

Monday- Breakfast	Tuesday - Fleishig	Wednesday - Sandwich	Thursday - Pasta	Friday - Pizza
No School	10 Fish Sticks Romaine Fruit and milk	11 Grilled Cheese Chickpeas Oranges & Milk	12 Spaghetti Sauce Chz Romaine Salad w/ chickpeas Fruit & Milk	13 Pizza Baby carrots Fruit & Milk
16 Potato Knishes Yogurt Fruit and Milk	17 Hot Dog Bun Fruit & Juice	18 Bagels - Sliced Cheese Chickpeas Fruit & Milk	19 Baked Ziti Israeli Salad Fruit & Milk	20 Pizza Baby Carrots Fruit & Milk
23 French Toast Cheese Stick Home Fries Fruit & Milk	24 Spaghetti & meatballs Green Beans Applesauce & Juice	25 Tuna & Bread Romaine Salad w/ Tomatoes & Cucumbers Fruit & Milk	26 Mac & Cheese Baked Beans Fruit & Milk	27 Pizza Baby carrots Fruit and milk
30 Pancakes Strng Chz Romaine Salad Fruit & Milk	31 Burgers & Bun French Fries Fruit and Juice	1 Pizza Bagles sliced cucumber Fruit and Milk	2 Pasta TBD	3 Pizza Baby Carrots Fruit & Milk

*Milk will be available before lunch on days Meat is served. *Substitutions may be made as necessary

This institution is an equal opportunity provider