

Salad Bar
 May contain the following on any given day

- ♥ Fruit salad
- ♥ Fresh sliced turkey
- Chicken salad
- Tuna salad
- Hard boiled eggs
- ♥ Beet salad
- Tomato salad
- Fresh asparagus
- Fresh broccolini
- ♥ Avocado salad
- Garbanzo salad
- Mozzarella and tomato
- Artichoke salad

Sensible Snacks

- ♥ Yogurt
- Pretzels
- ♥ Fresh fruit
- Cheese sticks
- ♥ Vegetable sticks
- Jell-O cups
- Popcorn
- Vanilla wafers
- Cheese and crackers
- Graham crackers
- Animal crackers
- ♥ Applesauce cups
- Cinnamon bread
- Reduced fat potato chips

Monday	Tuesday	Wednesday	Thursday
	1	2	3
7 HOLIDAY Labor Day	8	9 Pizza Caesar Salad	10 Chicken Tenders ♥ Fresh Steamed Organic Carrots
14 Sea Shell Pasta Sauce on the Side Sautéed Zucchini	15 Sloppy Joes on a Bun Corn	16 Make Your Own Sandwich Boar's Head Meats and Cheeses	17 Caesar Salad with Fresh Grilled Chicken Breadsticks
21 Three Cheese Penne ♥ Fresh Organic Vegetables	22 Baked Chicken Brown Rice Peas with onions	23 Grilled Cheese Pickles	24 Pizza ♥ Fresh Grilled Vegetables Zucchini, Eggplant, Portobello Mushrooms
28 School Closed Yom Kippur	29 Cheese Ravioli Mixed Green Salad	30 Grilled Sirloin Beef Burger Lettuce and Tomato Chips	

- Hot soup offered according to season
- Only oven baked items served
- Menu and dessert posted daily
- Special dessert on Thursday for Lower School and Early Childhood
- Menu subject to change upon market availability
- ♥ Denotes a heart healthy option

Daily Alternatives

- Sandwich bar
- ♥ Yogurt with fresh fruit
- ♥ Sliced turkey
- Tuna salad
- ♥ Fresh fruit
- Cheese sandwich
- Assorted breads and pitas

Fun Food Facts

Did you know that it takes between four and five pounds of grapes to make one pound of raisins?

"GOT MILK"?
 We Carry Whole milk
 Low Fat milk
 Skim milk
 Organic and Soy milk
 Assortment of juices