


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
6 HOLIDAY Labor Day	7 Pizza Caesar Salad on the Side	8 Make Your Own Sandwich Low Salt, Low Fat Lettuce and Tomato	9 ROSH HASHANAH School Closed
13 Sea Shell Pasta Sauce on the Side Sautéed Organic Zucchini	14 Sloppy Joes on a Bun Choice of Beef or Turkey Corn	15 Breakfast for Lunch French Toast and Sausage	16 Chicken Tenders ♥ Fresh Steamed Organic Carrots
20 Three Cheese Penne ♥ Fresh Organic Broccoli with Virgin Olive Oil and Garlic	21 Caesar Salad with Fresh Grilled Chicken Flat Breads	22 Grilled Cheese Sandwich Pickles	23 Pizza ♥ Fresh Grilled Vegetables on the Side
27 Pasta of the Day Sauce on the Side Sautéed Steamed Organic Spinach	28 Baked Chicken Biscuits Fresh Green Beans	29 Make Your Own Sandwich Low Salt Meats, Low Fat Cheese	30 Catch of the Day Bowtie Pasta with Butter

- 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