

SUMMER/FALL

2022 Summer/Fall Week One Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B K F T	Choice of Juice Banana or Prunes Milk Hot or Cold Cereal Egg - Boiled, or Peanut Butter & Jam WW/White Toast	Choice of Juice Banana or Prunes Milk Hot or Cold Cereal Egg – Boiled, or Peanut Butter & Jam WW White Toast	Choice of Juice Banana or Prunes Milk Hot/ Cold Cereal Muffins & Cheese, or Peanut Butter & Jam WW/White Toast	Choice of Juice Banana or Prunes Milk Hot or Cold Cereal Egg – Boiled, Cream Cheese Toast or Bagel	Choice of Juice Banana or Prunes Milk Hot or Cold Cereal Egg – Boiled, or Peanut Butter & Jam WW/White Toast	Choice of Juice Banana or Prunes Milk Hot or Cold Cereal Cream Cheese, or Peanut Butter & Jam Cinnamon Bread	Choice of Juice Banana or Prunes Milk Hot or Cold Cereal Boiled Egg or Cream Cheese Bagel or Toast
S	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water	Juice/Water
L U N C H	Pea Soup Pizza Tomato & cucumber Blueberry Crisp	Israeli Salad Middle Eastern Pollock Couscous Green Beans Coconut Cream Pie	Lentil Vegetable Soup Cheese Blintzes Fruit Salad & Sour Cream Lemon Snow	Garden Salad Curry Pineapple Meatballs Rice Ginger Oriental mixed veg. Peaches	Mushroom Soup Assorted sandwich Corn Salad Pudding	Beet Salad Tongue & gravy Knish Peas Cake	Pea Soup Mushroom, Vegetable & Cheese Quiche Home Fries Green Beans Mandarins
A L T	Tuna Salad Plate Bread Gingersnap Cookies	Falafel & Tzatziki Couscous Bread Apple sauce	Scrambled Eggs Home fries Mixed Vegetables Apples	Chicken Paprikash Parsnip Butter Cookies	Greek Salad Plate Bread Pineapple	Roast Chicken & Dijon Pineapple Sauce Carrots Pears	Tuna Salad Plate Bread Pudding
S N	Shortbread Cookies Tropical Apple sauce Vanilla Pudding Juice/Tea/Water	Star cookies Tropical Apple sauce Vanilla Pudding Juice/Tea/Water	Crème Cookies Tropical Apple sauce Vanilla Pudding Juice/Tea/Water	Chocolate Cookies Tropical Apple sauce Vanilla Pudding Juice/Tea/Water	Ice Cream Tropical Apple sauce Vanilla Pudding Water/Juice	Lemon Cookies Tropical Apple sauce Vanilla Pudding Juice, Tea, Water	Ginger Snaps Tropical Apple sauce Vanilla Pudding Juice, Tea, Water
S U P P E R	Carrot Salad Mexican Beef Rice Salsa & Guacamole Cauliflower Rhubarb	Squash Soup Chicken Chow Mein Noodles Peas Mandarins	Citrus Beet Salad Hungarian Goulash Egg Noodles Cauliflower Bread Pears	Carrot Soup Salmon Filet Baked Potato Sour cream Peas Italian Apple Cake	Chicken Soup & Matzoh Balls Gefilte Fish Roast Turkey Cranberry Sauce Roast Potato Garlic Broccoli Cake	Caesar Salad Baked Ziti Casserole Wax Beans Wafers	Apple Salad Moroccan Beef Stew Couscous Harvest Blend Vegetable Peaches
A L T	Roast Chicken Mandarin Sauce Wax Beans Chocolate Cookies	Salisbury Steak Carrots Bread Social Tea Cookies	Chicken & Mushroom Sc. Snap Peas Bread Chocolate Cookies	Cottage Cheese & Fruit Salad Plate Bread Yogurt	Stuffed Peppers Bread Italian Mix Vegetable Grapes	Salmon Salad Plate Bread Yogurt	Roast Chicken & Sweet Citrus Sauce Carrots Chocolate Cookies
S N	½ PB & J sandwich Strawberry Apple sauce Chocolate Pudding Vanilla Ice cream Juice/Water/Milk/ Tea	½ Egg Sandwich Strawberry Apple sauce Chocolate Pudding Vanilla Ice cream Juice/Water/Milk/ Tea	½ PB & J Sandwich Strawberry Apple sauce Chocolate Pudding Vanilla Ice cream Juice/Water/Milk/ Tea	Cheese & crackers Strawberry Apple sauce Chocolate Pudding Vanilla Ice cream Juice/Water/Milk/ Tea	½ PB & Jam SW Strawberry Apple sauce Chocolate Pudding Vanilla Ice cream Juice/Water/Milk/ Tea	Cheese & crackers Strawberry Apple sauce Chocolate Pudding Vanilla Ice cream Juice, Milk, Tea, Water	½ PB & J Sandwich Strawberry Apple sauce Chocolate Pudding Vanilla Ice cream Juice, Milk, Tea, Water

Bread & margarine & juice are available at all meals. Milk is available at breakfast & dairy meals & HS snack. Jam, marmalade & peanut butter are available at breakfast. Fresh fruit is available at lunch & dinner. Coffee or Tea & Ice Water are available at Breakfast, Lunch & Dinner