



## Sample Lunch Menu 2009-2010 /5770



Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Soup</li> <li>• Fish Sticks</li> <li>• Home Fries</li> <li>• Fresh Vegetables</li> <li>• Sliced Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Tenders</li> <li>• Brown Rice</li> <li>• Fresh Vegetables</li> <li>• Sliced Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Soup</li> <li>• Scrambled Eggs</li> <li>• Baked Potato</li> <li>• Fresh Vegetables</li> <li>• Sliced Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Meat Ziti</li> <li>• Yellow Squash</li> <li>• Fresh Vegetables</li> <li>• Sliced Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Wheat Pizza</li> <li>• Applesauce/ Chocolate Pudding</li> </ul>
<ul style="list-style-type: none"> <li>• Soup</li> <li>• Baked Ziti</li> <li>• Green Beans</li> <li>• Fresh Vegetables</li> <li>• Sliced Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Deli Sandwiches</li> <li>• Coleslaw</li> <li>• Pickles</li> <li>• Fresh Vegetables</li> <li>• Sliced Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Soup</li> <li>• Grilled Cheese<sub>(on whole wheat)</sub></li> <li>• Corn</li> <li>• Fresh Vegetables</li> <li>• Sliced Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Meatballs</li> <li>• Fresh Vegetables</li> <li>• Sliced Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Wheat Pizza</li> <li>• Applesauce/ Chocolate Pudding</li> </ul>
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<ul style="list-style-type: none"> <li>• Soup</li> <li>• Tofu Veg. Lo Mein</li> <li>• Zucchini</li> <li>• Fresh Vegetables</li> <li>• Sliced Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Drumstick-Chicken</li> <li>• Brown Rice</li> <li>• Fresh Vegetables</li> <li>• Sliced Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Soup</li> <li>• Scrambled Eggs</li> <li>• Baked Potato</li> <li>• Fresh Vegetables</li> <li>• Sliced Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Meatballs</li> <li>• Fresh Vegetables</li> <li>• Sliced Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Wheat Pizza</li> <li>• Applesauce/ Chocolate Pudding</li> </ul>

### **Available Everyday:**

- Hard boiled eggs
- Bread (Whole Wheat & Rye)
- Milk (on dairy/parve days)

- Cream cheese (on dairy/parve days)
- Jelly (on meat days)