

YDT November 2023 Lunch Menu

All lunches will include at least ¾ cup vegetable, ½ cup fruit, 1 oz eq grain and 1 oz eq meat or meat alternative.
8 oz milk will be served on all dairy lunch days. *Due to religious purposes, juice will be served on meat lunch days.

Sunday (Boys Only)	Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken WG Rice Broccoli Fruit Juice*	2 HS Lunch Pasta Tomato Sauce Sliced Cheese Fruit Milk	3 WG Pancakes Scrambled Eggs Corn Fruit Milk
5 WG Baguettes Yogurt Salad Fruit Milk	6 Chicken Poppers WG Rice Broccoli Fruit Juice*	7 HS Lunch WG Pizza Roll-Ups Vegetable soup Fruit Milk	8 Beef Burgers WG Bun Corn/Pickle Fruit Juice*	9 HS Lunch Grilled Cheese Vegetable Soup Fruit Milk	10 Potato Knishes Scrambled Eggs WG Crackers Fruit Milk
12 WG Bagels Yogurt Salad Fruit Milk	13 Chicken Nuggets Diced Carrots WG Rice Fruit Juice*	14 ROSH CHODESH HS Lunch WG Pizza Bagels Vegetable Soup Fruit Milk	15 HS Lunch Beef Cholent Sweet Peas Fruit Juice*	16 Falafel Fish sticks Israeli salad WG Pita Fruit/Milk	17 WG Waffles Scrambled Eggs Garbanzo Beans Fruit Milk
19 WG Baguettes Yogurt Salad Fruit Milk	20 Assorted Deli Meat WG Sliced Bread Pickles Fruit Juice*	21 HS Lunch Baked Ziti Green Beans Fruit Milk	22 Shnitzel WG Rice Broccoli Fruit Juice*	23 HS Lunch Potatoes Eggs WG Crackers Fruit Milk	24 French Toast Scrambled Eggs Garbanzo Beans Fruit Milk
26 WG Bagels Yogurt Salad Fruit Milk	27 Hot Dog WG Bun Chicken Nuggets Beans/Pickles Fruit/Juice*	28 HS Lunch WG Pizza Bagels Vegetable Soup Fruit Milk	29 Chicken WG Rice Broccoli Fruit Juice*	30 HS Lunch Pasta Tomato Sauce Sliced Cheese Fruit Milk	

The institution is an equal opportunity provider.