



# YDT November High School 2024 Lunch Menu

All lunches will include at least 1 cup vegetable, 1 cup fruit, 2 oz eq grain and 2 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.

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Potato Knishes Scrambled Eggs WG crackers Fruit Milk
<b>4</b>  WG Cheese Subs Tomato Basil Soup Fruit Milk	<b>5</b>  WG Beef Cholent Grape Tomatoes Fruit Juice*	<b>6</b>  Creamy Mac n Cheese Baby Carrots Fruit Milk	<b>7</b>  Falafel Israeli salad WG pita Fruit Milk	<b>8</b>  Yogurt/Cheese Blintz Granola Baby carrots Fruit Milk
<b>11</b>  French Onion Soup Shredded Mozzarella Garlic knots Fruit Milk	<b>12</b>  Chicken Fingers WG Rice Broccoli Fruit Juice*	<b>13</b>  Cheese Cannelloni Carrot and Celery sticks Fruit Milk	<b>14</b>  WG Bagels Tuna salad/Cr cheese Sliced fresh vegetables Fruit Milk	<b>15</b>  WG Pancakes Scrambled eggs Garbanzo beans Fruit Milk
<b>18</b>  WG Pizza bagels Split Pea soup Fruit Milk	<b>19</b>  Beef Pepper Steak WG Rice Stir Fry Vegetables Fruit Juice*	<b>20</b>  3 Cheese Baked ziti Grape Tomatoes Fruit Milk	<b>21</b>  Eggplant Parmesan Garden Vegetable Soup WG Garlic Knots Fruit Milk	<b>22</b>  WG Waffles String cheese Green beans Fruit Milk
<b>25</b>  Veg Cheese Calzone Vegetable soup Fruit Milk	<b>26</b>  Cubed Deli Salad WG Rice Cakes Potato Knishes Pickles/Salad Fruit Juice*	<b>27</b>  Make Your Own Wrap Tuna & Egg Salad Roasted Vegetables Fruit Milk	<b>28</b>  Sicilian Pizza Vegetable soup Fruit Milk	<b>29</b>  Potato kugel Scrambled Eggs WG crackers Fruit Milk

The institution is an equal opportunity provider.