



YDT November 2024 Lunch Menu

All lunches will include at least ¼ 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 Potato Knishes Scrambled Eggs WG crackers Fruit Milk
3 Granola/Rice cakes Yogurt/String Cheese Salad Fruit Milk	4 WG Cheese Subs Tomato Basil Soup Fruit Milk	5 WG Beef Cholent Sweet Peas Fruit Juice*	6 Creamy Mac n Cheese Peas Fruit Milk	7 Falafel Israeli salad WG pita Fruit Milk	8 Yogurt/Cheese Blintz Granola Baby carrots Fruit Milk
10 WG Garlic Knots Yogurt Salad Fruit Milk	11 WG Pizza bagels French Onion Soup Fruit Milk	12 Chicken Fingers WG Rice Broccoli Fruit Juice*	13 Pasta Tomato Sauce Sliced Cheese Fruit Milk	14 WG Bagels Tuna salad/Cr cheese Sliced Fresh Vegetables Fruit Milk	15 WG Pancakes Scrambled eggs Garbanzo beans Fruit Milk
17 Yogurt/Cheese Blintz Granola Baby carrots Fruit Milk	18 Fish sticks Mashed potatoes Coleslaw Fruit Milk	19 Beef Pepper Steak WG Rice Stir Fry Vegetables Fruit Juice*	20 3 Cheese Baked ziti Sweet peas Fruit Milk	21 Crunchy Pizza Sticks Garden Vegetable Soup Fruit Milk	22 WG Waffles String cheese Green beans Fruit Milk
24 WG Garlic Knots Yogurt Salad Fruit Milk	25 WG Grilled Cheese Mushroom & Barley Soup Fruit Milk	26 Deli Sandwiches Potato Knishes Pickles/Salad Fruit Juice*	27 Pasta Tomato Sauce Sliced Cheese Fruit Milk	28 Sicilian Pizza Vegetable soup Fruit Milk	29 Potato kugel Scrambled Eggs WG crackers Fruit Milk