



## YDT September 2023 Lunch Menu

All lunches will include  $\frac{3}{4}$  cup vegetable,  $\frac{1}{2}$  cup fruit, 2 oz whole grain and 2 oz 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 Tuna/Yogurt Potato Blintzes Garbanzo beans Fruit Milk
3 WG Bagels Yogurt Salad Fruit Milk	4 Deli WG Sliced Bread Pickles Fruit Juice	5 <b>HS Lunch Day</b> WG Pizza Bagels Vegetable Soup Fruit Milk	6 Chicken Broccoli WG Rice Fruit Milk	7 <b>HS Lunch Day</b> Pasta w/ Sauce Sliced Cheese Diced Carrots Fruit Milk	8 WG Pancakes Scrambled eggs Corn Fruit Milk
10 WG Baguettes Yogurt Salad Fruit Milk	11 Chicken poppers WG Rice Broccoli Fruit Juice	12 <b>HS Lunch Day</b> Pizza Roll Ups Vegetable Soup Fruit Milk	13 <b>HS Lunch Day</b> Beef Cholent Sweet Peas Fruit Juice	14 Baked Ziti Corn Fruit Milk	15 EREV ROSH HASHANA NO SCHOOL
17  ROSH HASHANA NO SCHOOL	18 Chicken nuggets Carrots WG Rice Fruit Juice	19 <b>HS Lunch Day</b> Pasta w/ Sauce Sliced Cheese Green Beans Fruit Milk	20 Beef Burgers WG Bun Corn Pickle Fruit/Juice	21 Falafel Fish sticks Israeli salad WG Pita Fruit/Milk	22 WG Waffles Scrambled Eggs Garbanzo Beans Fruit Milk
24 EREV YOM KIPPUR NO SCHOOL	25 YOM KIPPUR NO SCHOOL	26 <b>HS Lunch Day</b> Baked Ziti Corn Fruit Milk	27 <b>HS Lunch Day</b> Schnitzel WG Rice Broccoli Fruit Juice	28 SUKKOS VACATION NO SCHOOL	29 SUKKOS VACATION NO SCHOOL

The institution is an equal opportunity provider.