



YDT September High School 2025 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
1	2	3 Cheese Cannelloni Carrot and Celery sticks Fruit Milk	4 WG Bagels Tuna salad/Cr cheese Sliced Fresh Vegetables Fruit Milk	5 Yogurt/Cheese Blintz Granola Baby carrots Fruit Milk
8 Sicilian Pizza Mushroom Barley soup Fruit Milk	9 WG Beef Cholent Sweet Peas Fruit Juice*	10 Creamy Mac & Cheese Diced Carrots Fruit Milk	11 Falafel Israeli salad WG pita Fruit Milk	12 Potato kugel Scrambled Eggs WG crackers Fruit Milk
15 Crunchy Pizza Sticks Garden Vegetable Soup Fruit Milk	16 Cubed Deli Salad WG Rice Cakes Potato Knishes Pickles/Salad Fruit Juice*	17 Pasta Tomato Sauce Sliced Cheese Fruit Milk	18 Roasted potatoes Scrambled eggs Wg crackers Fruit Milk	19 Yogurt/Cheese Blintz Granola Baby carrots Fruit Milk
22 Erev Rosh Hashana No School	23 Rosh Hashana No School	24 Rosh Hashana No School	25 Tzom Gedalia No Lunch	26 Waffles Scrambled eggs Baby carrots Fruit Milk
29 Sicilian Pizza French Onion Soup Fruit Milk	30 Beef Pepper Steak WG Rice Stir Fry Vegetables Fruit Juice*			