

January Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 No School	2 Chicken shnitzel Couscous Carrots	3 Bagels, Tuna Egg salad American cheese cream cheese Tomatoes	4
5	6 Baked Ziti Peas & Carrots	7 Falafel, sesame free chumus Potato Burekas Israeli salad	8 Sicilian Pizza/ Regular/ White Cheese Green beans	9 All beef burgers Hot dogs French fries Watermelon	10 Fish Sticks Mashed Potato Baby corn	11
12	13 Macaroni & Cheese Black beans	14 Sloppy Joes On Whole wheat Rice Mixed veg.	15 Pizza Bagels Peas	16 No School	17 No School	18
19	20 No School	21 No School	22 No School	23 No School	24 No School	25
26	27 Cheese Ravioli in Marinara Sauce Or Plain Sliced carrots	28 Hawaiian Chicken Farfel Green beans	29 Sicilian Pizza/ Regular/ White Cheese Green beans	30 Spaghetti & Meatballs Peas / Carrots	31 Pancakes & French Toast Peas & Carrots	

Available Daily

SOUP OF THE DAY

SALAD BAR
Mixed greens, diced tomatoes, sliced cucumbers.

Two options daily -- selected from the following:
Israeli salad, Broccoli, Chickpeas, Baby corn, Green peas, Peppers, Edamame, Mixed Veggies, Cole slaw, Pickles, Couscous, Quinoa, Wild rice salad, Kidney beans, Raisins, Corn.

Dressings:
French (Lite), Italian (Lite), Honey mustard, Raspberry vinaigrette, Balsamic vinaigrette.

FRUIT
Selected from seasonally available varieties:
Banana, Watermelon, Pineapple, Peaches, Apples, Oranges, Grapes, Applesauce, Cantaloupe, Honeydew, Fruit Cocktail.

ALSO AVAILABLE
Soy butter and jelly sandwiches.
Pasta with homemade marinara sauce.

**ALL FOOD IS UNDER THE SUPERVISION OF THE Vaad HaRabonim of MetroWest
ALL FOOD PROVIDED BY SHIMTAL CATERER**