

February Menu

Available Daily

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	31 Cheese Ravioli Marinara Sauce Vegetables	1 Hamburger Hot dogs French Fries	2 Pizza Bagels Mixed vegetables	3 Spaghetti & Meatballs Peas / Carrots	4 Blintzes cheese/ Or Blintzes Potato	5
6	7 Baked Ziti Peas & Carrots	8 Chicken schnitzel Couscous Carrots	9 Sicilian Pizza/ Regular/ White Cheese Green beans	10 Meaty Chulent Potato Kugel	11 Fish Sticks Mashed Potato Baby corn	12
13	14 Macaroni & Cheese Vegetables	15 Beef Taco Rice Corn nibletts	16 Sicilian Pizza/ Regular/ White Cheese Green beans	17 Chicken Nuggets French fries Carrots	18 Pancakes & French Toast	19
20	21 NO SCHOOL	22 Sliced Turkey or Salami, Pickles, Coleslaw	23 Pizza Bagels Mixed vegetables	24 Sloppy Joes On Whole wheat Orzo Peas & carrots	25 Bagels, Tuna, egg salad, American cheese Tomatoes	26
	28 Cheese Tortellini in Marinara Sauce Or Pesto butter					

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, Freekah, 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**