

SEPTEMBER Menu

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Available Daily

1	2 NO SCHOOL	3 Beef burgers Hot dogs French fries Watermellon	4 Pizza Bagels Mixed vegetables	5 Beef Taco Hard, soft shells Rice Corn Nibletts	6 Bagels, Tuna Egg salad American cheese cream cheese Tomatoes	7
8	9 Baked Ziti Peas & Carrots	18 Chicken Fajitas Rice Mixed vegetables	11 Sicilian Pizza/ Regular/ White Cheese Carrots	12 Sloppy Joes On Whole Wheat Rice Peas and carrots	13 Pancakes & French Toast Peas	14
15	16 Macaroni & Cheese Green beans	17 Chicken Nuggets Corn on Cob	18 Pizza Bagels Mixed vegetables	19 Spaghetti & Meatballs Peas / Carrots	20 Fish Sticks Mashed Potato Sweet peas	21
22	23 Cheese Tortellini in Marinara Sauce Or Pesto butter Sliced carrots	24 BBQ Chicken Orzo Peas	25 Sicilian Pizza/ Regular/ White Cheese Black beans	26 Meaty Chulent Potato Kugel	27 Cheese Quesadillas Veggie Taco Rice	28
29	30 Rosh Hashanah NO SCHOOL					

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, Pears, 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