

**CHEDER GIRLS NOVEMBER 2018 LUNCH MENU**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Penne Alfredo Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk	<b>2</b>
<b>4</b>	<b>5</b> Fish Sticks Hash Browns Hot Vegetables Fresh Fruit Milk	<b>6</b> Chicken Nuggets Rice Hot Vegetables Fresh Fruit Juice	<b>7</b> Pizza Pops Vegetable Soup Potato Bites Egg/Tuna Salad Fresh Fruit Milk	<b>8</b> Macaroni and Cheese Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk	<b>9</b>
<b>11</b>	<b>12</b> Cheese Blintzes Potato Knish Ministrone Soup Tossed Salad Salad Dressing Egg/Tuna Salad Fresh Fruit Milk	<b>13</b> Hot Dog French Fries Pickles Fresh Fruit Juice	<b>14</b> Baked Ziti Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk	<b>15</b> Pizza Bagel Corn Egg/Tuna Salad Fresh Fruit Milk	<b>16</b>
<b>18</b>	<b>19</b> Italian Paninis Corn on the Cob Egg/Tuna Salad Fresh Fruit Milk	<b>20</b> BBQ Chicken Rice Hot Vegetables Fresh fruit Apple Juice	<b>21</b> Pita Falafel Israeli Salad Techina Charif Apples Milk	<b>22</b> Macaroni and Cheese Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk	<b>23</b>
<b>25</b>	<b>26</b> Waffles Potato Blintz Onion Soup Garden Salad Vegetable Dip Egg/Tuna Salad Fresh Fruit Milk	<b>27</b> Deli Baguettes French Fries Pickles Fresh Fruit Juice	<b>28</b> Baked Ziti Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk	<b>29</b> Cheese Pretzels Veggie Bites Egg/Tuna Salad Fresh Fruit Milk	<b>30</b>

Milk-Low Fat and Fat Free, and ww bread served daily. Under the Hasgocha of Rabbi Yechiel Steinmetz shlit'a

\*allergy alternative

Menu subject to change

