

CHEDER GIRLS JANUARY 2019 LUNCH MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		1 Deli Baguettes French Fries Pickles Fresh Fruit Juice LEGAL HOLIDAY	2 Baked Ziti Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Tuna/Egg Salad*	3 Cheese Pretzels Veggie Bites Egg/Tuna Salad* Fresh Fruit	4
6	7 Bagels Vegetable Soup Tuna Salad Egg Salad Cream Cheese Sliced Vegetables Fresh Fruit	8 BBQ Chicken Rice Hot Vegetables Fresh fruit Apple Juice	9 Individual Pizza French Fries Egg/Tuna Salad Fresh Fruit	10 Penne Alfredo Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit	11
13	14 Fish Sticks Hash Browns Hot Vegetables Fresh Fruit	15 Hot Dog French Fries Pickles Fresh Fruit Juice	16 Pizza Pretzel Vegetable Soup Potato Bites Egg/Tuna Salad* Fresh Fruit	17 Macaroni and Cheese Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit	18
20	21 Cheese Blintzes Potato Knish Minestrone Soup Tossed Salad Salad Dressing Egg/Tuna Salad* Fresh Fruit	22 Pizza Bagel French Fries Egg/Tuna Fresh Fruit	23 MID-WINTER VACATION	24 MID-WINTER VACATION	25 MID-WINTER VACATION
27 MID-WINTER VACATION	28 MID-WINTER VACATION	29 French Toast Syrup Hash Browns Egg/Tuna Salad Fresh Fruit	30 Pita Falafel Scrambled Eggs Israeli Salad Techina Charif Apples	31 Macaroni and Cheese Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit	

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

