

CHEDER BOYS OCTOBER 2018 LUNCH MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4 Macaroni and Cheese Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk	5
7 Bagels Tuna Salad Egg Salad Cream Cheese Fresh Fruit Milk	8 Cheese Blintzes Potato Knish Onion Soup Tossed Salad Salad Dressing Egg/Tuna Salad Fresh Fruit Milk	9 Hot Dog French Fries Pickles Fresh Fruit Juice	10 Baked Ziti Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk	11 Pareve Chulent Potato Kugel Sour Pickles Fresh Fruit Milk	12
14 Bagels Tuna Salad Egg Salad Cream Cheese Fresh Fruit Milk	15 Waffles Potato Blintz Ministrone Soup Garden Salad Vegetable Dip Egg/Tuna Salad Fresh Fruit Milk	16 BBQ Chicken Rice Hot Vegetables Fresh fruit Apple Juice	17 Pita Falafel Israeli Salad Techina Charif Apples Milk	18 Macaroni and Cheese Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk	19
21 Bagels Tuna Salad Egg Salad Cream Cheese Fresh Fruit Milk	22 Italian Paninis Corn on the Cob Egg/Tuna Salad Fresh Fruit Milk	23 Deli Baguettes French Fries Pickles Fresh Fruit Juice	24 Baked Ziti Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk	25 Cheese Pretzels Veggie Bites Egg/Tuna Salad Fresh Fruit Milk	26
28 Bagels Tuna Salad Egg Salad Cream Cheese Fresh Fruit Milk	29 Bagels Tuna Salad Egg Salad Cream Cheese Sliced Vegetables Fresh Fruit Milk	30 BBQ Chicken Rice Hot Vegetables Fresh fruit Apple Juice	31 Individual Pizza French Fries Egg/Tuna Salad Fresh Fruit Milk		

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



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

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