

# Ess Gourmet Catering

## NLSP Lunch Menu - Cheder Chabad

	Sunday			Monday			Tuesday			Wednesday			Thursday		
<b>Week #1</b>	1 Pc	<b>Pita Calzone</b>	1.5 MA & 2 Grain	1 Pc	<b>Potato Knishes</b>	1/2 C. Vege & 1 Grain & 1 MA	1 Pc	<b>Baked Chicken</b>	3 Ma	1/2 Roll	<b>Bagel</b>	1.5 Grain	1 Cup	<b>Baked Ziti</b>	1 MA & 1 Grain
	1/2 Cup	<b>Vegetable salad</b>	1/2 Cup Vege	1 Cup	<b>Nish Nash Salad</b>	1/2 C. Vege	1/2 Cup	<b>Potato Cubes</b>	1/2 Cup Vege	2 oz	<b>Tuna Salad</b>	1 MA	1/2 Cup	<b>Corn</b>	1/2 Cup Vege
	1/2 Cup	<b>Peach Compote</b>	1/2 Cup Fruit	1/2 Cup	<b>Fruit Mix</b>	1/2 Cup Fruit	1 Cup	<b>Fruit Juice</b>	1 Cup Milk	1.5 Oz	<b>Egg Salad</b>	1 MA	1 Orange	<b>Orange</b>	1/2 Cup Fruit
	1/2 Cup	<b>Chocolate Pudding</b>	Condiment	1/2 Cup	<b>Spaghetti</b>	1 Oz Grain	1 Orange	<b>Orange</b>	1/2 Cup Fruit	1/2 Cup	<b>Sliced Tomatoes &amp; Cucumbers</b>	1/2 Cup Vege	1/2 Cup	<b>Lukshen</b>	1 Oz Grain
	1 Cup	<b>Milk</b>	1 Cup Milk	0.5 oz	<b>Cocoa</b>	Condiment	1 oz	<b>Ketchup</b>	Condiment	1/2 Cup	<b>Apple Sauce</b>	1/2 Cup Fruit	1 oz	<b>Ketchup</b>	Condiment
			1 Slice	<b>Bread</b>	1 Oz Grain	1 Slice	<b>Bread</b>	1 Oz Grain	1 Cup	<b>Hot cocoa</b>	1 Cup Milk	1 Slice	<b>Bread</b>	1 Oz Grain	
			1 Cup	<b>Milk</b>	1 Cup Milk			1 Cup Milk		1 Cup	<b>Milk</b>	1 Cup	<b>Milk</b>	1 Cup Milk	
<b>Week #2</b>	1/2 Cup	<b>Baked Potato</b>	1/2 C. Vege	1 Slice	<b>Pizza</b>	1.5 Ma & 2 Grain & 1/8 C. Vege	1 Bun	<b>Buns</b>	2 Grains	1 Slice	<b>Cheese Kugel</b>	1 MA & 1 Grain	1 Slices	<b>Potato Kugel</b>	1/2 C. Vege & 1 MA
	1 Pc	<b>Cheese Blintz</b>	1 Grain & 1 MA	1/2 Cup	<b>Corn</b>	1/2 Cup Vege	1 Pc	<b>Franks</b>	1 MA	3/4 Cup	<b>French Fries</b>	3/4 Cup Vege	1/2 Cup	<b>Toasted Barley</b>	1 Grain
	1/2 Apple	<b>Fresh Apple</b>	1/2 Cup Fruit	1/2 Cup	<b>Fruit Mix</b>	1/2 Cup Fruit	5 Pc	<b>Potato Croquettes</b>	1/4 Cup Veg	1/2 Cup	<b>Apple Sauce</b>	1/2 Cup Fruit	1/2 Cup	<b>Chickpeas</b>	1/2 Cup Vege
	1 Oz	<b>Ketchup</b>	Condiment	1 oz	<b>Ketchup</b>	Condiment	1/4 Cup	<b>Pickle</b>	1/4 Cup	1 oz	<b>Ketchup</b>	Condiment	1/2 Cup	<b>Pineapple Tidbits</b>	1/2 Cup Fruit
	1 Slice	<b>Bread</b>	1 Oz Grain	1 Cup	<b>Milk</b>	1 Cup Milk	1 Oz	<b>Ketchup/Mustard</b>	Condiment	1 Slice	<b>Bread</b>	1 Oz Grain	1 Slice	<b>Bread</b>	1 Oz Grain
1 Cup	<b>Milk</b>	1 Cup Milk				1 Cup	<b>Fruit Juice</b>	1 Cup Milk	1 Cup	<b>Milk</b>	1 Cup Milk	1 Cup	<b>Milk</b>	1 Cup Milk	
						1/2 Cup	<b>Peach Compote</b>	1/2 Cup Fruit							
<b>Week #3</b>	1 Cup	<b>Pizza Lukshen</b>	1 Oz Grain & 1 MA	1 Pc	<b>Garlic Bread</b>	1 Grain	5 Oz	<b>Chicken Nuggets</b>	3 Oz MA & 1 Grain	1 Pc	<b>Pizza Swirl</b>	2 Grain, 1 MA & 1/8 C. Vege	4 Sticks	<b>Fish Sticks</b>	1 Grain & 2 MA
	1/2 Cup	<b>Corn</b>	1/2 Cup Vege	1 Cup	<b>Onion Cheese Soup</b>	1/4 C. Veg & 1 MA	1/2 Cup	<b>Mashed Potato</b>	1/4 Cup Veg	1 Pc	<b>Yogurt</b>	1 MA	1/2 Cup	<b>Egg Barley</b>	1 Grain
	1 Orange	<b>Orange</b>	1/2 Cup Fruit	1/2 Cup	<b>Fruit</b>	1/2 Cup Fruit	1/4 Cup	<b>Cucumber Salad</b>	1/4 Cup Veg	1/2 Cup	<b>Red Potato Cubes</b>	1/2 Cup Veg	1/2 Cup	<b>Apple Juice</b>	1/2 Cup Fruit
	1 oz	<b>Ketchup</b>	Condiment	1/2 Cup	<b>Cherry Tomatoes</b>	1/2 C. Veg.	1 Cup	<b>Fruit Juice</b>	1 Cup Milk	1/2 Cup	<b>Peach Compote</b>	1/2 Cup Fruit	1 Oz	<b>Ketchup</b>	Condiment
	1 Cup	<b>Milk</b>	1 Cup Milk	1/2 Cup	<b>Elbow Macaroni</b>	1 Oz Grain	1/2 Apple	<b>Fresh Apple</b>	1/2 Cup Fruit	1 Slice	<b>Bread</b>	1 Oz Grain	1/2 Cup	<b>Baby Carrots</b>	1/2 C. Veg.
			1 Slice	<b>Bread</b>	1 Oz Grain					1 Cup	<b>Milk</b>	1 Cup Milk	1/2 Cup	<b>Jello</b>	Condiment
			1 Cup	<b>Milk</b>	1 Cup Milk								1 Slice	<b>Bread</b>	1 Oz Grain
													1 Cup	<b>Milk</b>	1 Cup Milk
<b>Week #4</b>	1/2	<b>Roll</b>	1 Oz Grain	1 Cup	<b>Hash Browns</b>	1 MA & 1/2 C. Vege	1/2 Roll	<b>Roll</b>	2 Grains	1 Pc	<b>Pizza Bagel</b>	1.25 Grain & 1 MA	1 Pita	<b>Pita</b>	2.5 Grain
	2 Oz	<b>Tuna Salad</b>	1 MA	4 Oz	<b>Cottage Cheese</b>	1 Oz Grain	3 Slice	<b>Cold Cut</b>	1.5 MA	3/4 Cup	<b>French Fries</b>	3/4 Cup Vege	2 Balls	<b>Falafel</b>	1.5 MA
	1 Cup	<b>Lettuce</b>	1/2 Cup Veg	1/2 Cup	<b>Spiral Macaroni</b>	1 Oz Grain	1 Cup	<b>Lettuce</b>	1/2 Cup Veg	1/2 Cup	<b>Fruit Mix</b>	1/2 Cup Fruit	2 oz	<b>Tuna Salad</b>	1 MA
	1 Orange	<b>Orange</b>	1/2 Cup Fruit	1/2 Cup	<b>Vanilla Pudding</b>	Condiment	1/4 Cup	<b>Pickle</b>	1/4 Cup	4 Oz	<b>Yogurt</b>	1 MA	1/2 Cup	<b>Cherry Tomatoes</b>	1/2 C. Veg.
	1 Oz	<b>Olive Dip/ Babaganush</b>	Condiment	1/2 Apple	<b>Fresh Apple</b>	1/2 Cup Fruit	1/2 Cup	<b>Fruit Mix</b>	1/2 Cup Fruit	1 Slice	<b>Bread</b>	1 Oz Grain	1 Cup	<b>Lettuce</b>	1/2 Cup Veg
1/2 Cup	<b>Parve Chicken Soup</b>	Condiment	1 Cup	<b>Bread</b>	1 Oz Grain	1 Oz	<b>Ketchup/Mustard</b>	Condiment	1 Cup	<b>Milk</b>	1 Cup Milk	1/2 Cup	<b>Fruit Mix</b>	1/2 Cup Fruit	
1 Cup	<b>Milk</b>	1 Cup Milk	1 Cup	<b>Milk</b>	1 Cup Milk	1 Cup	<b>Fruit Juice</b>	1 Cup Milk				1 Cup	<b>Milk</b>	1 Cup Milk	

**Please note:** - Vegetable servings are 1 Cup for 9-12 and 3/4 Cup for K-8, which means that these amounts need to be offered, but only 1/2 Cup Vegetable is needed to be served to count for a reimbursable component when operating OVS.  
 - Fruit servings are 1 Cup for 9-12 and 1/2 Cup for K-8, which means that these amounts need to be offered, but only 1/2 Cup Fruit is needed to be served to count for a reimbursable component when operating OVS.  
 - For 9-12, Offer amount for Grain and M/MA is 2 Oz, please offer accordingly.