

**CHEDER GIRLS FEBRUARY 2019 LUNCH MENU**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					<b>1</b>
<b>3</b>	<b>4</b> Waffles Potato Blintz Onion Soup Garden Salad Vegetable Dip Egg/Tuna Salad Fresh Fruit Milk	<b>5</b> Deli Baguettes French Fries Pickles Fresh Fruit Juice	<b>6</b> Baked Ziti Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk Tuna/Egg Salad*	<b>7</b> Cheese Pretzels Veggie Bites Egg/Tuna Salad Fresh Fruit Milk	<b>8</b>
<b>10</b>	<b>11</b> Bagels Vegetable Soup Tuna Salad Egg Salad Cream Cheese Sliced Vegetables Fresh Fruit Milk	<b>12</b> BBQ Chicken Rice Hot Vegetables Fresh fruit Apple Juice	<b>13</b> Individual Pizza French Fries Egg/Tuna Salad Fresh Fruit Milk	<b>14</b> Penne Alfredo Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk Tuna/Egg Salad*	<b>15</b>
<b>17</b>	<b>18</b> Fish Sticks Hash Browns Hot Vegetables Fresh Fruit Milk	<b>19</b> Hot Dog French Fries Pickles Fresh Fruit Juice	<b>20</b> Pizza Pretzels Vegetable Soup Potato Bites Egg/Tuna Salad Fresh Fruit Milk	<b>21</b> Macaroni and Cheese Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk Tuna/Egg Salad*	<b>22</b>
<b>24</b>	<b>25</b> Cheese Blintzes Potato Knish Ministrone Soup Tossed Salad Salad Dressing Egg/Tuna Salad Fresh Fruit Milk	<b>26</b> Chicken Nuggets Rice Hot Vegetables Fresh Fruit Juice	<b>27</b> Baked Ziti Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk Tuna/Egg Salad*	<b>28</b> Pareve Chulent Potato Kugel Sour Pickles 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

