

CHEDER GIRLS JANUARY 2020 LUNCH MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pizza Pretzels Vegetable Soup Corn Egg/Tuna Salad Fresh Fruit Milk	2 Macaroni and Cheese Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk Tuna/Egg Salad*	3
5	6 Cheese Blintzes Potato Knish Ministrone Soup Tossed Salad Salad Dressing Egg/Tuna Salad Fresh Fruit Milk	7 ASARA BE'TEVES - NO LUCH	8 Baked Ziti Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk Tuna/Egg Salad*	9 Pizza Bagel Potato Kugel Sour Pickles Fresh Fruit Milk	10
12	13 Italian Paninis Corn Egg/Tuna Salad Fresh Fruit Milk	14 BBQ Chicken Rice Hot Vegetables Fresh fruit Apple Juice	15 Pita Falafel Israeli Salad Techina Charif Apples Milk	16 Macaroni and Cheese Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk Tuna/Egg Salad*	17
19	20 Waffles Potato Blintz Onion Soup Garden Salad Vegetable Dip Egg/Tuna Salad Fresh Fruit Milk	21 Pareve Chulent Potato Kugel Sour Pickles Fresh Fruit Milk	22 MID-WINTER BREAK	23 MID-WINTER BREAK	24
26	27 MID-WINTER BREAK	28 Pita Falafel Israeli Salad Techina Charif Apples Milk	29 Individual Pizza French Fries Egg/Tuna Salad Fresh Fruit Milk	30 Penne Alfredo Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk Tuna/Egg Salad*	31

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

