

CHEDER GIRLS MARCH 2020 LUNCH MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Bagels Vegetable Soup Tuna Salad Egg Salad Cream Cheese Sliced Vegetables Fresh Fruit Milk	3 BBQ Chicken Rice Hot Vegetables Fresh fruit Apple Juice	4 Individual Pizza French Fries Egg/Tuna Salad Fresh Fruit Milk	5 Penne Alfredo Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk Tuna/Egg Salad*	6
8	9 Fish Sticks Hash Browns Hot Vegetables Fresh Fruit Milk	10 PURIM	11 SHUSHAN PURIM	12 Macaroni and Cheese Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk Tuna/Egg Salad*	13
15	16 Cheese Blintzes Potato Knish Ministrone Soup Tossed Salad Salad Dressing Egg/Tuna Salad Fresh Fruit Milk	17 Chicken Nuggets Rice Hot Vegetables Fresh Fruit Juice	18 Baked Ziti Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk Tuna/Egg Salad*	19 Pizza Bagel Potato Kugel Sour Pickles Fresh Fruit Milk	20
22	23 Italian Paninis Corn Egg/Tuna Salad Fresh Fruit Milk	24 BBQ Chicken Rice Hot Vegetables Fresh fruit Apple Juice	25 Pita Falafel Israeli Salad Techina Charif Apples Milk	26 Macaroni and Cheese Noodles Baby Carrots/Grape Tomatoes Salad Dip Fresh Fruit Milk Tuna/Egg Salad*	27
29	30 Waffles Potato blinz Onion Soup Garden Salad Vegetable Dip Egg/Tuna Salad Fresh Fruit Milk	31 Deli Baguettes French Fries Pickles Fresh Fruit Juice			

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

