

**RABBI ARTHUR SCHNEIER PARK EAST DAY SCHOOL MENU - SEPTEMBER 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Chicken Soup Baked Chicken Couscous Mushroom, Zucchini, Spinach Fruit Salad	Yellow split pea soup Fish sticks Mashed Potatoes Tangerines Eggplant	Chicken Soup Meatballs Rice Roasted Vegetables Apples	Minestrone soup Grilled cheese sandwiches String beans Oranges
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Lentil Soup Pizza Broccoli Fruit Salad	Chicken Soup Barbecue Chicken Sweet Potatoes Cauliflower & Broccoli Sliced Oranges	Vegetable Soup Baked Ziti Caesar Salad Sauteed Spinach Strawberries & Blueberries with yogurt	Chicken Soup Tacos with Ground Beef Carrots/peas Couscous Rice Banana	Baked Potatoes Minestrone Soup Falafel Israeli dips Oranges
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Yellow Split Pea Soup Cheese Ravioli Caesar Salad Eggplant & Crispy Kale Melon	Chicken Soup Baked Chicken Couscous Mushroom, Zucchini, Spinach Fruit Salad	Vegetable Soup Homemade Pizza/Skim Cheese Caesar Salad Roasted Broccoli Sliced Melon	Chicken Soup Meatballs Brown Rice Yellow & Green Squash Watermelon	Split Pea Soup Scrambled eggs Israeli salad Roasted Potatoes Apples
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Split Pea Soup Scrambled Eggs Israeli Salad Zucchini Roasted Potatoes Strawberries & Blueberries	Chicken Soup Hamburgers Corn on the Cob Carrots & Mushrooms Sliced oranges Apple Juice	Vegetable Soup Macaroni & Cheese Skim Cheese Caesar Salad Broccoli Bananas	Chicken Soup Chicken Tenders Brown Rice Green & Yellow Squash Sliced Melon Apple Juice	Tomato Rice Soup Fish Sticks Green Beans Mashed Potatoes Whole Wheat Bread Apple Slices
<b>30</b>				
ROSH HASHANAH				

**Served Daily: Salad Bar 1/4 cup of each vegetable is available to our students if they choose: Mixed green lettuce, beets, tomatoes, cucumber, green & red peppers, baby carrots, artichoke hearts, hearts of palm, black olives, corn, Fruit of the day depends on what is in season or available**

**1% Low fat and skim milk are served daily on dairy days. To promote healthy eating, please note that we use no processed meats, no MGS, no trans fats, only low cholesterol products & olive oil.**