

**RABBI ARTHUR SCHNEIER PARK EAST DAY SCHOOL MENU - October 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Sloppy Joes Carrots/Peas Rice Salad Whole Wheat Roll Cantalope	2 School Closed
5 School Closed Succot Intermediate Day	6 Chicken Tenders Roasted Potatoes Mushroom, Spinach Salad Fruit Salad Whole Wheat Roll Succot	7 Pizza Caesar Salad Roasted Broccoli Sliced Melon Roll  Succot	8 Meatballs and Spaghetti Peas and Carrots Salad Apples Roll  Succot	9 School Closed Hoshanah Rabbah
12 Pizza Israeli Salad Zucchini Strawberries & Blueberries with Yogurt Roll	13 Hamburger with Roll Corn on the Cob Carrots & Stringbeans Salad Peach	14 Macaroni & Cheese Caesar Salad Broccoli Watermelon Roll	15 Chicken Tenders Brown Rice Green & Yellow Squash Sliced Melon Roll	16 Baked Ziti Mixed Vegetables Salad Roll Apple Slices
19 Pasta and Sauce Caesar Salad Zucchini Salad Banana Roll	20 Baked Chicken Couscous Zucchini and Spinach Salad Fruit Salad Roll	21 Fish Sticks Mashed Potatoes Israeli Salad String Beans Salad Watermelon Roll	22 Sloppy Joes Carrots/Peas Rice Salad Cantaloupe Roll	23 Bagel Cream Cheese Tuna Salad Jelly, Soy Butter Salad Water
26 Pizza Israeli Salad Broccoli Fruit Salad Roll	27 Hamburger with roll French Fries Cauliflower Salad Sliced Oranges Roll	28 Baked Ziti Caesar Salad Sauteed Spinach Stawberries/Blueberries With Yogurt Roll	29 Meatballs and Spaghetti Peas and Carrots Salad Apple Roll	30 Macaroni and Cheese Green Beans Salad Roll Banana

**Served Daily: Salad** includes mixed green lettuce, tomatoes, cucumber, green & red peppers, baby carrots. 1% Low fat and skim milk are served daily on dairy days. Bottled water is served on meat days to promote healthy eating. Please note that we use no processed meats, no MGS, no trans fats. We use only low cholesterol products and olive oil.