



M E N U

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>9 Baked Ziti Cottage Cheese Garden Salad Apple Sauce</p>	<p>10 Hot Dogs Baked Beans Cole Slaw Pineapple</p>	<p>11 Tuna and Egg Salad Bagels and Cream Cheese Tomato Soup Tossed Salad Mixed Fruit</p>	<p>12 Meatballs Spaghetti Green Beans Fresh Fruit</p>	<p>13 French Toast Carrot and Celery Sticks Kernel Corn Peaches</p>
<p>16 Fish Sticks Mashed Potatoes Green Salad Pears</p>	<p>17 BBQ Chicken Rice Pilaf Mixed Vegetables Pineapple</p>	<p>18 Falafel / Pita Israeli Salad Salad Bar Apple Sauce</p>	<p>19 Beef Burger on Bun French Fries Sliced Tomatoes Ices Yom Ha'Atzmaut</p>	<p>20 Grilled Cheese Carrot and Cucumber Sticks Kernel Corn Mixed Fruit</p>
<p>23 Baked Macaroni and Cheese Cottage Cheese Garden Salad Peaches</p>	<p>24 Chicken Nuggets Egg Barley Chefs Salad Pineapple</p>	<p>25 Fresh Fish Fillet Rotelle Tossed Salad Pears</p>	<p>26 Baked Chicken Rice with Mushrooms Cucumber Salad Fresh Fruit</p>	<p>27 Pizza Carrot and Celery Sticks Kernel Corn Applesauce</p>
<p>30 Scrambled Eggs Potato Knishes Green Salad Mixed Fruit</p>	<p>Food for Thought A <i>chassid</i> complained to the Rabbi of Kotzk that he suffered from severe headaches and could not concentrate properly on his prayers. The Rabbi noted sharply, "Who told you to pray with your head? You should be praying with your heart." -“Smiling Each Day” – Rabbi Abraham J. Twersky, M.D.</p>			

Whole wheat bread, soy butter, low fat milk and skim milk are served with all dairy meals. Bread and 100% juice are served with all meat meals.