



M E N U

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Food for Thought The Midrash states that to love G-d means to make Him beloved by all people. If a person behaves in a manner that demonstrates how that observance of Torah refines a person's character, he is glorifying G-d and making Him respected and beloved by others. -“Smiling Each Day” – Rabbi Abraham J. Twersky, M.D.</p>				
<p>5 Fish Sticks Mashed Potatoes Garden Salad Pears Bar Mitzva Workshop Grade 7 Boys 7:00 PM</p>	<p>6 Sweet and Sour Meatballs Spaghetti Mixed Vegetables Pineapple</p>	<p>7 Pizza Bagels Tomato Soup Tossed Salad Pears Bat Mitzva Workshop Grade 6 Girls 7:00 PM</p>	<p>8 Chicken Nuggets Egg Barley Chef's Salad Fresh Fruit Rosh Chodesh</p>	<p>2 Grilled Cheese Carrot and celery sticks Kernel corn Applesauce</p>
<p>12 Veterans' Day No Sessions (UPK regular sessions)</p>	<p>13 Hot dogs Baked Beans Cole Slaw Pineapple</p>	<p>14 Tuna and egg salad Bagels and Cream Cheese Vegetable Soup Green Salad Applesauce</p>	<p>15 Baked Chicken Rice with Mushrooms Green Beans Fresh Fruit</p>	<p>9 French Toast Carrot and cucumber sticks Kernel corn Mixed Fruit Rosh Chodesh JHS Boys Shabbaton</p>
<p>19 Baked Ziti Cottage Cheese Garden Salad Peaches</p>	<p>20 Sloppy Joes Taco Shells Rotelle Pineapple PTO Meeting 8:30 PM</p>	<p>21 Falafel / pita Israeli salad Salad bar Mixed Fruit</p>	<p>22 Thanksgiving No Sessions</p>	<p>23 Thanksgiving No Sessions</p>
<p>26 Baked Macaroni and cheese Cottage cheese Tossed salad Apple sauce</p>	<p>27 Beef burger on bun Onion rings Sliced tomatoes Fresh fruit</p>	<p>28 Fresh fish filet Rotelle Green salad Peaches</p>	<p>29 Chicken Chow Mein Chinese noodles Rice pineapple</p>	<p>30 Pizza Carrot and cucumber sticks Kernel corn Mixed fruit</p>