



M E N U

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>Shmini Atzeret</p>	<p>2</p> <p>Simchat Torah</p>	<p>3</p> <p>Baked Ziti Cottage Cheese Garden Salad Pears</p>	<p>4</p> <p>Chicken Nuggets Egg Barley Mixed vegetables Fresh Fruit</p>	<p>5</p> <p>Grilled Cheese Carrot and celery sticks Kernel corn Mixed fruit</p>
<p>8</p> <p>Scrambled eggs Potato Knishes Tossed salad Applesauce</p>	<p>9</p> <p>Meatballs Spaghetti Mixed Vegetables Pineapple <i>Back to school night: Grade 2-3 7 PM/Grade 4-5 8 PM</i></p>	<p>10</p> <p>Pizza Bagels Tomato Soup Green Salad Peaches Rosh Chodesh</p>	<p>11</p> <p>BBQ chicken Rice with mushrooms Cucumber salad Fresh fruit Rosh Chodesh</p>	<p>12</p> <p>French Toast Carrot and cucumber sticks Kernel corn Pears</p>
<p>15</p> <p>Fish Sticks Mashed potatoes Garden salad Mixed fruit</p>	<p>16</p> <p>Beef burger on bun French Fries Sliced tomatoes Pineapple</p>	<p>17</p> <p>Tuna and egg salad Potato and Cheese Blintzes Tossed Salad Applesauce</p>	<p>18</p> <p>Hot dogs Baked beans Cole slaw Jello</p>	<p>19</p> <p>Pancakes Carrot and Celery Sticks Kernel corn Peaches</p>
<p>22</p> <p>Baked macaroni and cheese Cottage cheese Green salad Pears</p>	<p>23</p> <p>Baked chicken Spanish rice Caesar Salad Pineapple PTO Meeting 8:30 PM</p>	<p>24</p> <p>Falafel / pita Israeli salad Salad bar Pears</p>	<p>25</p> <p>Meatloaf Mashed potatoes Green beans Fresh fruit</p>	<p>26</p> <p>Pizza Carrot and cucumber sticks Kernel corn Applesauce</p>
<p>29</p> <p>Tuna and egg salad Bagels and cream cheese Tossed salad Peaches</p>	<p>30</p> <p>Hero sandwiches Potato kugel Sliced pickles Pineapple <i>Grade 8 Parents HS Night 8:00 PM</i></p>	<p>31</p> <p>Fresh fish filet Rotelle Garden salad Mixed fruit</p>	<p>Food for Thought R' Yechiel Michel of Gustinin once entreated his <i>shamash</i> on the day before Yom Kippur, "Feivel, let us both do <i>teshuvah</i>. It's not too late. Part of a day is <i>halachically</i> considered to be like the whole day, and even a single day is considered like the entire year. Thus if we do <i>teshuvah</i> now, it will be as if we had done <i>teshuvah</i> throughout the year."</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.