



November

Cheshvan-Kislev



MONDAY (Dairy / Parve)	TUESDAY (Meat / Parve)	WEDNESDAY (Dairy / Parve)	THURSDAY (Meat / Parve)	FRIDAY (Dairy)
<p>2</p> <p>Borekas & Hard Boiled Egg</p> <p>Salad</p> <p>Fruit / Milk</p>	<p>3</p> <p>Meatballs & Pasta</p> <p>Salad</p> <p>Fruit / Juice</p>	<p>4</p> <p>Blintzes & Egg Salad</p> <p>Salad</p> <p>Fruit / Milk</p>	<p>5</p> <p>Roast Chicken & Rice</p> <p>Salad</p> <p>Fruit / Juice</p>	<p>6</p> <p>Pita Pizza</p> <p>Salad</p> <p>Fruit / Chocolate Milk</p>
<p>9</p> <p>Lasagna</p> <p>Salad</p> <p>Fruit / Milk</p>	<p>10</p> <p>Hot dog & Fries</p> <p>Salad</p> <p>Fruit / Juice</p>	<p>11</p> <p>Egg roll & Hard Boiled Egg</p> <p>Salad</p> <p>Fruit / Milk</p>	<p>12</p> <p>Chopped Meat & Rice</p> <p>Salad</p> <p>Fruit / Juice</p>	<p>13</p> <p>Bagel Pizza</p> <p>Salad</p> <p>Fruit / Chocolate Milk</p>
<p>16</p> <p>Blintzes & Hard Boiled Egg</p> <p>Salad</p> <p>Fruit / Milk</p>	<p>17</p> <p>Tuna Salad & Corn</p> <p>Salad</p> <p>Fruit / Juice</p>	<p>18</p> <p>Macaroni & Cheese</p> <p>Salad</p> <p>Fruit / Milk</p>	<p>19</p> <p>Chicken nuggets & Fries</p> <p>Salad</p> <p>Fruit / Juice</p>	<p>20</p> <p>Pita Pizza</p> <p>Salad</p> <p>Fruit / Chocolate Milk</p>
<p>23</p> <p>Borekas & Hard Boiled Egg</p> <p>Salad</p> <p>Fruit / Milk</p>	<p>24</p> <p>Goulash & Rice</p> <p>Salad</p> <p>Fruit / Juice</p>	<p>25</p> <p>Blintzes & Hard Boiled Egg</p> <p>Salad</p> <p>Fruit / Milk</p>	<p>26</p> <p>Deli sandwich</p> <p>Salad</p> <p>Fruit / Juice</p>	<p>27</p> <p>Bagel Pizza</p> <p>Salad</p> <p>Fruit / Chocolate Milk</p>
<p>30</p> <p>Lasagna</p> <p>Salad</p> <p>Fruit / Milk</p>				

Very Important! Please bring only dairy/parve foods on lunch days which serve dairy, and meat/parve foods on lunch days which serve meat.
 To ensure everyone's best health, nut products should not be brought.