

Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24 Whole wheat and regular spaghetti with meat sauce Cut up cucumber and celery sticks. Roll, Apples	25 Fish Sticks Corn Salad Roasted potatoes Fruit	26 Pizza Salad
29 Chicken Fingers Ptitim (pearled couscous) Tossed salad Whole wheat roll or chalah roll Fruit	30 Whole wheat and regular elbows (sauce and cheese on the side) Tuna and Egg salad salad on a roll Fruit	31 Oven roasted Chicken ,Couscous with vegetables Israeli Salad Whole wheat pita or roll Fruit	1 Rice and beans(in a home made tomato broth), Tossed Salad Muffin (carrot or banana or blueberry) Hard boiled egg	2 Pizza Salad
5 No School Labor Day	6 Fish Sticks Corn Salad Roasted potatoes Fruit	7 Meatballs Rice Cucumber & Celery Sticks, Fruit Whole wheat roll or pita	8 Teriyaki chicken breast, rice, roll, fruit Tossed Salad	9 Pizza Salad
12 Chicken Fingers Ptitim (pearled couscous) Tossed salad roll or chalah Fruit	13 Baked Ziti Spinach Boureka Tossed Salad Roll Fruit	14 Oven roasted Chicken Couscous with vegetables Israeli Salad Whole wheat pita or roll	15 Rice and beans(in a home made tomato broth), Salad Muffin (carrot or banana or blueberry) Hard boiled egg	16