





February 2019 - Shvat/Adar I

Monday		Tuesday		Thursday		Friday			
						1	26 Shvat		
							Hearty vegetable soup Bagels/tuna/butter Cream cheese/jelly Salad bar Melon <i>2:00 p.m. Friday dismissal resumes</i>		
4	29 Shvat	5	30 Shvat	6	1 Adar I	7	2 Adar I		
Onion orzo soup Pizza Caesar salad Salad bar Fruit 		Carrot soup BBQ chicken Roasted potatoes Tuna/veggie burger Salad bar Fruit		Chicken noodle soup Sloppy Joes on a bun Rice and beans Tuna/veggie burger Salad bar Fruit		Alphabet soup Macaroni and cheese Plain pasta Mixed veggies Salad bar Fruit		8	3 Adar I
<i>Faculty mtgs. - 3:30/4:45 p.m.</i>									Minestrone soup French toast Syrup Egg salad Salad bar Oranges
11	6 Adar I	12	7 Adar I	13	8 Adar I	14	9 Adar I	15	10 Adar I
Split pea soup Pizza Caesar salad Salad bar Fruit 		Butternut squash soup Chicken and broccoli Quinoa/roasted veggies Tuna/veggie burger Salad bar Fruit		Yemenite soup Shawarma Israeli salad Tuna/veggie burger Salad bar/chummus Fruit		Baby lima bean soup Lasagna roll ups Plain pasta Salad bar Green beans Fruit		Hearty vegetable soup Bagels/tuna/butter Cream cheese/jelly Salad bar Melon	
18	13 Adar I	19	14 Adar I	20	15 Adar I	21	16 Adar I	22	17 Adar I
No sessions Presidents' Day 		French onion orzo soup Pizza Caesar salad Salad bar Fruit		Beef and noodle soup Hamburger on a bun Sweet potato fries Tuna/veggie burger Salad bar Fruit		Potato soup Baked ziti Plain pasta Salad bar Corn niblets Fruit		Black bean and rice soup Cheese quesadillas Salsa/guacamole Salad bar Bananas	
25	20 Adar I	26	21 Adar I	27	22 Adar I	28	23 Adar I		
Mushroom barley soup Pizza Caesar salad Salad bar Fruit 		Vegetable soup Taco Tuesday Spanish rice Tuna/ Veggie burger Salad bar/Fruit <i>3:20 p.m. M.S. dismissal-faculty mtgs.</i> <i>TerraNova test - gr. 2 - 7</i>		Chicken and rice soup Marinated chicken Roasted veggies Tuna/veggie burger Salad bar Fruit <i>TerraNova test - gr. 2 - 7</i>		Tomato rice soup Ravioli Plain pasta Salad bar Peas and carrots Fruit <i>TerraNova test - gr. 2 - 7</i>			
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Daily Dairy Options

Butter, cream cheese,
 Low fat cottage cheese
 Soy nut butter, jelly

Alternating Daily Options

Sliced cheese, egg salad
 Caesar salad, Israeli salad
 Chick peas, pickles, olives

Meat Day Options

Veggie burger
 Beans, water bottles
 Soy nut butter, jelly
 Assorted breads

Daily Salad Bar

Lettuce, tomato, peppers
 Cucumbers, baby carrots
 Hard boiled eggs
 Fresh fruit

Menu subject to change