

December MENU

SAR ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
				1 French Onion Soup Whole Wheat Pizza Bagels Green Beans
4 Potato Leek Soup Firsh cakes Roasted garlic sweet mashed potatoes spinach	5 Yellow split pea Chicken Cacciatore Peas and Carrots Egg Barley	6 Potato Leek Baked Ziti Steamed Broccoli	7 Spanish Black Bean Soup Tacos Brown Rice Shredded Lettuce Diced Tomato	8 Lentil Soup Pizza Corn on The Cob
11 Tomato Rice Soup Grill Cheese or tuna melt Coleslaw Potato salad	12 Mushroom barley Breaded Chicken Cutlet French Fries Ratatouille	13 Split Pea Soup Ravioli Sautéed Zucchini w/Mushroom	14 Egg drop soup Beef Burger Lettuce/Tomato Seasoned Potato Wedges	15 Garden Veg. soup Pizza Spinach with garlic
18 Soup du Jur Shells in Cheese Broccoli	19 Minestrone Soup Meatballs & Spaghetti Italian Blend Vegetables	20 Navy bean Soup Lasagna Veg Du Jur	21R/Chodesh Butternut squash soup Chicken Nuggets Honey Mustard Mushroom Orzo Glazed carrots	22 Winter break
25 Winter break	26 Winter break	27 Winter break	28 Winter break	29 Winter break

SALAD BAR: TUNA AND EGG SALAD, LETTUCE, PLAIN PASTA – CONSTANT
 CUCUMBERS, CARROTS, TOMATOES, PEPPERS, BABY CORN, PICKLE CHIPS, THREE BEAN
 SALAD, HARD BOILED EGGS, PEPPERS,
 BREAD: RYE, WHITE & WHOLE WHEAT, ROLLS AND BAGELS
 ASSORTED JUICES AND WATER ON MEAT DAYS ONLY

MILK (AVAILABLE ON DAIRY DAYS ONLY) 1% AND SKIM
ALL FOOD IS UNDER THE SUPERVISION OF THE ORTHODOX UNION MASHGIACH TIMIDI.
ALL FOOD PROVIDED BY FIVE STAR KOSHER CATERERS