

# October Menu

| Monday                                                                                        | Tuesday                                                                            | Wednesday                                                             | Thursday                                                                                   | Friday                                                                        |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
|                                                                                               |                                                                                    | 1<br><b>Erev Yom Kipper</b><br><b>Noon Dismissal</b>                  | 2<br><b>Yom Kipper</b><br><b>No School</b>                                                 | 3<br>Chicken Shawarma<br>Pita WG<br>Israeli Salad<br>Pineapple                |
| 6<br>Baked Beef Penne<br>Garlic Bread<br>Capri Vegetables<br>Peaches                          | 7<br><b>Sukkot</b><br><b>No School</b>                                             | 8<br><b>Sukkot</b><br><b>No School</b>                                | 9<br>Wow Butter and Jelly on<br>Wheat (WG)<br>Baby Carrots, Ranch<br>Potato Chips<br>Pears | 10<br>Chicken Noodle Soup<br>Saltines<br>Peas and Carrots<br>Mandarin Oranges |
| 13<br>Spaghetti (WW)<br>Meat Sayce<br>Garlic Breadstick<br>Italian Green beans<br>Mixed Fruit | 14<br><b>Shemini</b><br><b>Atzeret</b><br><b>No School</b>                         | 15<br><b>Simchat</b><br><b>Torah</b><br><b>No School</b>              | 16<br>Cheese Quesadillas on<br>Tortilla (WG)<br>Salsa<br>Fiesta Corn<br>Pineapple          | 17<br>Chicken Nuggets/ Tenders<br>Tater Tots<br>California Vegetables<br>Pear |
| 20<br>Burger on<br>Slider Roll (WG)<br>Baked Crispy Fries<br>Sliced Apples                    | 21<br>Tortellini<br>Pink Sauce<br>Garlic Bread<br>Green Beans/Carrots<br>Pineapple | 22<br>Salami Sandwich on Wheat<br>Round (WW)<br>Tomato salad<br>Peach | 23<br><b>Parent/Teacher</b><br><b>Conferences</b><br><b>Noon Dismissal</b>                 | 24<br><b>Parent/Teacher</b><br><b>Conferences</b><br><b>No School</b>         |
| 27<br>Meat Loaf<br>Mashed Potato<br>Broccoli<br>Mixed Fruit                                   | 28<br>Lasagne Rollup<br>Marinara<br>Garlic Bread<br>Peas, Carrots<br>Pineapple     | 29<br>Tuna on Croissant<br>Broccoli Slaw<br>Peaches                   | 30<br>Mac (WW) and Cheese<br>Sweet Potato Fries<br>Sliced Apples                           | 31<br>Turkey on Wheat (WG)<br>Carrots<br>Pineapple, Challah                   |



