

Yeshiva Derech HaTorah

Lunch Menu for : January 2009

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Turkey Goulash (turkey roll, potatoes, carrots, onions) Chicken Noodle Sp. Cole Slaw Peas Peaches	2 Tuna Fish L.F. Yogurt Spaghetti & Sauce Corn Mixed Fruit
5 Pita Pizzas Minestrone Soup L.F. Cottage Cheese Green Beans Pears	6 Fish Sticks Mashed Potatoes Carrot & Celery Sticks Applesauce Taanit Asara B'Tevet Friday Schedule	7 Baked Cheese & Macaroni Plain Macaroni Tomato/Rice Soup American Cheese Fresh Salad L.F. Dressing Peaches	8 Breaded Chicken Pea Soup Couscous with Peas & Carrots Cole Slaw Baked Apples	9 Tuna Salad Hard Boiled Eggs Kasha Varnishkes Tomato & Cucumber Slices Pineapple Chunks
12 Grilled Cheese Sandwiches Tomato Soup L.F. Cottage Cheese Green Beans Peaches	13 Hot Dogs Hot Dog Buns Pea Soup French Fries Baked Beans Sauerkraut Ketchup/Mustard Baked Apples	14 Scrambled Eggs Mushroom Barley Soup American Cheese Spaghetti & Sauce Corn Mixed Fruit	15 NO SCHOOL WINTER VACATION 	16 NO SCHOOL WINTER VACATION 
19 NO SCHOOL WINTER VACATION 	20 NO SCHOOL WINTER VACATION 	21 NO SCHOOL WINTER VACATION 	22 NO SCHOOL WINTER VACATION 	23 NO SCHOOL WINTER VACATION 
26 Baked Ziti Vegetable Sp. Plain Ziti American Cheese Corn Peaches ROSH CHODESH	27 Roast Chicken Chicken/Noodle Sp. Rice, Mushrooms & Onions Peas & Carrots Applesauce	28 Fish Sticks Minestrone Sp. Mashed Potatoes L.F. Cottage Cheese Fresh Salad L.F. Dressing Pears	29 Turkey Goulash (turkey roll, potatoes, carrots, onions) Pea Soup Cole Slaw Peas Peaches	30 Tuna Salad L.F. Yogurt Kasha Varnishkes Green Beans Mixed Fruit

Served Daily: Peanut Butter and Jelly Sandwiches

Peanut Butter Sandwiches

Milk - Whole and Low fat (dairy days)

Apple Juice (meat days)

Rye Bread

NOTE: Dairy Days - M, W, F. Meat Days - T, TH.

L.F. - Low Fat Items

MENU IS SUBJECT TO CHANGE