



SHALOH HOUSE

Catering

בס"ד

SCHOOL HOT MEALS

BREAKFAST • LUNCH • SNACK

Nutritious | Delicious | Kosher

617-787-2200 | www.Shaloh.org/Meals



בס"ד

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Cereal, milk, seasonal fruit

Pretzels or Animal crackers, milk, seasonal fruit

Cereal, milk, seasonal fruit

Ritz crackers or Granola bar, milk, seasonal fruit

Cereal, milk, seasonal fruit

LUNCH

Option 1:
Mac & Cheese, fresh cut veggies, seasonal fruit, milk

Option 1:
Tuna salad, whole wheat bread, baked fries, fresh cut veggies, fruit, milk

Option 1:
In-house made cheese pizza (50% whole wheat), fresh cut veggies, seasonal fruit, milk

Option 1:
Spaghetti with marinara sauce, hard boiled egg, fresh cut veggies, seasonal fruit, milk

Option 1:
Fish sticks, rice with beans, seasonal fruit, milk

Option 2:
Egg salad and plain pasta, fresh cut veggies, seasonal fruit, milk

Option 2:
Cheese sandwich, baked fries, fresh cut veggies, fruit, milk

Option 2:
Dairy Free pizza, fresh cut veggies, fruit, milk

Option 2:
Egg salad and plain pasta, fresh cut veggies, seasonal fruit, milk

Option 2:
Sunbutter Jelly sandwich, seasonal fruit, veggies, milk

