



SHALOH HOUSE JEWISH DAY SCHOOL

School Menu

MONDAY

Breakfast	Cereal with milk
Snack #1	Fruit
Lunch	Pasta with cheese, green beans, tossed salad, vegetable bar, bread
Snack #2	Banana bread or Carrot bread
Snack #3	Pasta and vegetables

TUESDAY

Breakfast	Cereal with milk
Snack #1	Fruit
Lunch	Tuna salad, french fries, tossed salad, vegetable bar, bread
Snack #2	Dairy lokshen kugel or Apple cake
Snack #3	Rice and vegetables

WEDNESDAY

Breakfast	Cereal with milk
Snack #1	Fruit
Lunch	Eggs salad or omelet, rice, humus, tossed salad, vegetable bar, bread
Snack #2	Cheese sandwiches or Latkes
Snack #3	Humus with vegetables

THURSDAY

Breakfast	Cereal with milk
Snack #1	Fruit
Lunch	Pizza, corn, tossed salad, vegetable bar, bread
Snack #2	Yogurt with crackers or Oatmeal raisin muffins
Snack #3	Omelet with vegetables

FRIDAY

Breakfast	Cereal with milk
Snack #1	Fruit
Lunch	Fish sticks, rice, pickles, tossed salad, vegetable bar, bread
Snack #2	Cookies and grape juice

ELEMENTARY SCHOOL

Breakfast 8:15-8:30 am, Snack #1 10:30 am, Lunch 12:15-12:45 pm, Snack #2 2:15 pm, Snack #3 5:30 pm

PRESCHOOL

Each Preschool class eats according to its schedule; check the syllabus for details

This school makes no discrimination against any child because of his or her eligibility for free or reduced price meals. No child is denied benefits or otherwise discriminated against because of race, color, national origin, age, sex, or disability.