

JEWISH INSTITUTE OF QUEENS LUNCH K - 12

NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Macaroni & Cheese WW Bread Tomatoes Red Pepper Fresh Apples Lowfat & Nonfat Milk	2 Chicken WW Bread Rice Tomato & Cucumber Bean Soup Oranges Apple Juice	3 Cottage Cheese WW Bread Baby Carrots Corn & Pepper Salad Peaches Lowfat & Nonfat Milk
6 Burgers WW Rolls French Fries Split Pea Soup Coleslaw Orange Wedges Apple Juice	7 American Cheese WW Bread Tomatoes Cucumbers Applesauce Lowfat & Nonfat Milk	8 Macaroni & Cheese WW Bread Tomatoes Red Pepper Fresh Apples Lowfat & Nonfat Milk	9 Chicken WW Bread Rice Tomato & Cucumber Bean Soup Oranges Apple Juice	10 Cottage Cheese WW Bread Baby Carrots Corn & Pepper Salad Peaches Lowfat & Nonfat Milk
13 Burgers WW Rolls French Fries Split Pea Soup Coleslaw Orange Wedges Apple Juice	14 American Cheese WW Bread Tomatoes Cucumbers Applesauce Lowfat & Nonfat Milk	15 Macaroni & Cheese WW Bread Tomatoes Red Pepper Fresh Apples Lowfat & Nonfat Milk	16 Chicken WW Bread Rice Tomato & Cucumber Bean Soup Oranges Apple Juice	17 Cottage Cheese WW Bread Baby Carrots Corn & Pepper Salad Peaches Lowfat & Nonfat Milk
20 Cottage Cheese WW Bread Baby Carrots Corn & Pepper Salad Peaches Lowfat & Nonfat Milk	21 American Cheese WW Bread Tomatoes Cucumbers Applesauce Lowfat & Nonfat Milk	22 Macaroni & Cheese WW Bread Tomatoes Red Pepper Fresh Apples Lowfat & Nonfat Milk	23 NO SCHOOL	24 NO SCHOOL
27 Burgers WW Rolls French Fries Split Pea Soup Coleslaw Orange Wedges Apple Juice	28 American Cheese WW Bread Tomatoes Cucumbers Applesauce Lowfat & Nonfat Milk	29 Macaroni & Cheese WW Bread Tomatoes Red Pepper Fresh Apples Lowfat & Nonfat Milk	30 Chicken WW Bread Rice Tomato & Cucumber Bean Soup Oranges Apple Juice	

OFFER VS SERVED CHILDREN MUST TAKE 3 OUT OF 5 ITEMS TO BE COUNTED AS A COMPLETE MEAL. ½ CUP OF FRUIT OR VEG. MUST BE TAKEN TO BE COUNTED AS A REIMBURSABLE MEAL

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