

Yiddishe Otzros School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning snack</u> Milk (rice dream)/ Water Crackers/Rice cake/Pretzels Cereal/ Oatmeal Fruit	<u>Morning snack</u> Milk (rice dream)/ Water Crackers/Rice cake/Pretzels Cereal/ Oatmeal Fruit	<u>Morning snack</u> Milk (rice dream)/ Water Crackers/Rice cake/Pretzels Cereal/ Oatmeal Fruit	<u>Morning snack</u> Milk (rice dream)/ Water Crackers/Rice cake/Pretzels Cereal/ Oatmeal Fruit	<u>Morning snack</u> Milk (rice dream)/ Water Crackers/Rice cake/Pretzels Cereal/ Oatmeal Fruit _____
<u>Lunch</u> Water/Juice/Milk (rice dream) Whole wheat bread-cream cheese/peanut butter Hard boiled egg/ scrambled eggs Tomatoe/ cucumber/pepper/fries Fruit _____	<u>Lunch</u> Water/Juice/Milk (rice dream) Whole wheat bread-cream cheese/ peanut butter Corn/Pickels Fish Sticks/ Mashed Potatoes Fruit _____	<u>Lunch</u> Water/Juice/Milk (rice dream) Whole wheat bread-peanut butter Meatballs/ Brown rice Tomatoe/cucumber/pepper Fruit _____	<u>Lunch</u> Water/Juice/Milk (rice dream) Whole wheat bread-cream cheese/ peanut butter Pasta/ Cottage cheese/yogurt Carrots/Avocado Fruit _____	<u>Lunch</u> Water/Juice/Milk (rice dream) Whole wheat bread-cream cheese/peanut butter Tomatoe/pepepr Fruit _____ Cookies/Water/Grape juice
<u>Afternoon Snack</u> Cracker/Cookie Raisins, Water	<u>Afternoon Snack</u> Cracker/Cookie Raisins, Water	<u>Afternoon Snack</u> Cracker/Cookie Raisins, Water	<u>Afternoon Snack</u> Cracker/Cookie Raisins, Water	