

SEPTEMBER 2019

CASKEY TORAH ACADEMY

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
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| | | <u>All breads are whole wheat</u> | <u>Mondays and Wednesdays Are Meat Days</u> | <u>Tuesdays, Thursdays and Fridays are Dairy Days</u> |
| 2 | 3 Mac and Cheese Plain Pasta Sliced Cheese Israeli Salad Sliced Apple Milk | 4 Chicken Wings Steamed Rice Yellow Corn Nectarines Juice | 5 Cheese Blintz Yogurt Potato Puffs Peaches Milk | 6 8 TH GRADE PIZZA |
| 9 Fish Sticks Mashed Potatoes Sweet Corn Dinner Roll Apple Juice | 10 Baked Ziti Plain Pasta Caesar Salad Sliced Cheese Apple Milk | 11 Chicken & Broccoli Sesame Teriyaki Sauce Stir Fried Rice Mini Egg Rolls Fresh Orange Juice | 12 Falafel Pita Bread Tahini/Hummus Israeli Salad French Fries Pears Juice | 11 8 TH GRADE PIZZA |
| 14 Chicken Tenders BBQ Sauce Hash Browns Dinner Roll Sliced Apple Juice | 15 Penne Pasta Alfredo Sauce Caesar Salad Peaches Milk | 16 Grilled Chicken Steamed Rice Green Beans Sliced Orange Juice | 17 Mac and Cheese Plain Pasta Sliced Cheese Israeli Salad Sliced Apple Milk | 18 8 TH GRADE PIZZA |
| 23 Hot Dogs WW Buns French Fries Pickles Apple Juice | 24 Breaded Fish Patty Steamed Rice Israeli Salad Peaches Milk | 25 Roasted Chicken Drumsticks Mashed Potatoes Sweet Corn WW Dinner Roll Fruit Cup Juice | 26 Baked Ziti Plain Pasta Caesar Salad Sliced Cheese Apple Milk | 27 8 TH GRADE PIZZA |
| 30 ROSH HASHANAH | OCT.1 ROSH HASHANAH | 2 Meat Roll Puff Pastry Hash Browns Pickles Fresh Apple Juice | 3 | 4 |

***Menu Subject to Change

We serve Fat Free Chocolate Milk and 1% White Milk