

# SEPTEMBER 2019

## MEATLESS MONDAYS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 SCHOOL CLOSED LABOR DAY	3 Hot Dog Baked Beans Vegetable Popsicle	4 Pasta Marinara Caesar Salad Fruit	5 Cheesesteak Vegetable Peach Shortcake	6 Pizza Salad Fruit	7
8	9 <u>Breakfast for Lunch</u> Muffin Yogurt Fruit	10 <u>Taco Tuesday</u> Vegetable Key Lime Pie Bar	11 Ham Hoagie Salad Fruit	12 Fish and Chips Vegetable Zucchini Cake	13 Pizza Salad Fruit	14
15	16 Pesto Pasta Salad Fruit	17 Quiche Vegetable Brownie	18 Burger Salad Fruit	19 Barbecue Chicken Cornbread Vegetable Vanilla Pudding	20 Pizza Salad Fruit	21
22	23 Quesadilla Rice Salad Fruit	24 <u>Try-It-Tuesday</u> Roast Turkey Fillets Vegetable Chocolate Chip Cookie	25 Sausage, Broccoli & Penne Caesar Salad Fruit	26 Sloppy Joe Vegetable Ice Cream	27 Pizza Salad Fruit	28
29	30 SCHOOL CLOSED ROSH HASHANAH					

# OCTOBER 2019

## MEATLESS MONDAYS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Nachos Vegetable Shortbread	2 Pasta Fagioli Caesar Salad Fruit	3 Slow Roast Pork Risotto Vegetable Chocolate Cake	4 Pizza Salad Fruit	5
6	7 Grilled Cheese Tomato Soup Salad Fruit	8 Taco Tuesday Vegetable Fruit Cobbler	9 SCHOOL CLOSED  YOM KIPPUR	10 Chicken Soup Conshy Italian Bread Oatmeal Cookie	11 Pizza Salad Fruit	12
13	14 Baked Ziti Salad Fruit	15 Chicken Tikka Masala Basmati Rice Vegetable Panna Cotta	16 Burger Salad Fruit	17 <u>Sukkot Meal</u> Salmon Cake Roasted Root Vegetables Cinnamon Apple Treat	18 Pizza Salad Fruit	19
20	21 NO SCHOOL FOR STUDENTS  FAMILY CONFERENCES	22 NO SCHOOL FOR STUDENTS  FAMILY CONFERENCES	23 Italian Wedding Soup Conshy Italian Bread Salad Fruit	24 Turkey Hoagie Vegetable Cheesecake Bar	25 Pizza Salad Fruit	26
27	28 <u>Breakfast for Lunch</u> Pancakes Cheesy Eggs Fruit	29 <u>Try-It-Tuesday</u> Chicken Fried Rice Vegetable <u>Head of School Mr.</u> <u>Herman's Coconut</u> <u>Custard Pie</u>	30 Mac and Cheese Salad Fruit	31 Chili con Carne Rice Vegetable Pumpkin Cannoli		

# NOVEMBER 2019

## MEATLESS MONDAYS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1  Pizza Salad Fruit	2
3	4  Quesadilla Rice Salad Fruit	5  Southern Fried Chicken Vegetable Gingerbread	6  White Bean, Sausage & Kale Soup Conshy Italian Bread Salad Fruit	7  Conshy Italian Bread Pizza Vegetable Snickerdoodle	8  NO SCHOOL FOR STUDENTS  PROFESSIONAL DEVELOPMENT	9
10	11  Lasagna Salad Fruit	12  <u>Taco Tuesday</u> Vegetable Macaroon	13  Tuna Hoagie Salad Fruit	14  Chili Dog Vegetable Double Chocolate Chip Cookie	15  Pizza Salad Fruit	16
17	18  <u>Breakfast for Lunch</u> French Toast Granola Fruit	19  <u>Guest Chef Ms. Rup</u> Chicken Paprikas Buttered Noodles Vegetable Apple Crisp	20  Burger Salad Fruit	21  French Onion Soup Conshy Italian Bread Vegetable Carrot Cake	22  Pizza Salad Fruit	23
24	25  Pasta Alfredo Salad Fruit	26  <u>Thanksgiving Feast</u> Roast Turkey Stuffing Vegetable Pumpkin Pie	27  SCHOOL CLOSED  THANKSGIVING BREAK	28  SCHOOL CLOSED  THANKSGIVING BREAK	29  SCHOOL CLOSED  THANKSGIVING BREAK	30

# DECEMBER 2019

## MEATLESS MONDAYS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Grilled Cheese Tomato Soup Salad Fruit	3 Pot Roast Vegetable Kamish	4 Baked Ziti Caesar Salad Fruit	5 Chicken Cacciatore Risotto Vegetable Chocolate Crinkle Cookie	6 Pizza Salad Fruit	7
8	9 <u>Breakfast for Lunch</u> Croissants Frittata Fruit	10 <u>Taco Tuesday</u> Vegetable Oat Bar	11 Sausage, Peppers & Onions Sub Salad Fruit	12 Salmon Vegetable Lemon Poppyseed Cake	13 Pizza Salad Fruit	14
15	16 Pasta Marinara Caesar Salad Fruit	17 Mushroom Barley Soup Conshy Italian Bread Vegetable Sugar Cookie	18 Burger Salad Fruit	19 <u>Holiday Meal</u> Latkes/Ham Vegetable Holiday Treat	20 Pizza Salad Fruit	21
22	23 SCHOOL CLOSED  WINTER BREAK	24 SCHOOL CLOSED  WINTER BREAK	25 SCHOOL CLOSED  WINTER BREAK	26 SCHOOL CLOSED  WINTER BREAK	27 SCHOOL CLOSED  WINTER BREAK	28
29	30 SCHOOL CLOSED  WINTER BREAK	31 SCHOOL CLOSED  WINTER BREAK				

# JANUARY 2020

## MEATLESS MONDAYS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 SCHOOL CLOSED  WINTER BREAK	2 SCHOOL CLOSED  WINTER BREAK	3 SCHOOL CLOSED  WINTER BREAK	4
5	6 <u>Breakfast for Lunch</u> Bagel Bar Salad Fruit	7 Roast Chicken Vegetable White Chocolate- Cranberry Cookie	8 Pasta alla Bolognese Caesar Salad Fruit	9 Potato Leek Soup Conshy Italian Bread Vegetable Coconut Cake	10  Pizza Salad Fruit	11
12	13  Pierogies Salad Fruit	14 <u>Taco Tuesday</u> Vegetable Chocolate Chip Cookie	15 Chicken Curry Basmati Rice Salad Fruit	16  Conshy Italian Bread Pizza Vegetable Apple Cake	17 NOON DISMISSAL  PROFESSIONAL DEVELOPMENT	18
19	20 <u>MLK Day of Service</u> TBA	21  Tortellini Vegetable Fruit Cobbler	22  Burger Salad Fruit	23 Grilled Cheese Tomato Soup Vegetable Snickerdoodle	24  Pizza Salad Fruit	25
26	27  Nachos Salad Fruit	28 <u>Try-It-Tuesday</u> Guest Chef Wanda Vega Chicken Fricassee Boricua Tres Leches Cake	29  Ham Hoagie Salad Fruit	30  Fish Vegetable Bread Pudding	31  Pizza Salad Fruit	

# FEBRUARY 2020

## MEATLESS MONDAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Quesadilla Rice Salad Fruit	4 Chicken Pot Pie Vegetable Lemon Bar	5 Lasagna alla Bolognese Caesar Salad Fruit	6 Slow Roast Pork Risotto Vegetable Chocolate Cake	7 Pizza Salad Fruit	8
9	10 <u>Breakfast for Lunch</u> Hot Oatmeal Bar Fruit	11 <u>Taco Tuesday</u> Vegetable Oatmeal Cookie	12 Turkey Hoagie Salad Fruit	13 NO SCHOOL FOR STUDENTS  FAMILY CONFERENCES	14 NO SCHOOL FOR STUDENTS  FAMILY CONFERENCES	15
16	17 SCHOOL CLOSED  PRESIDENTS' DAY	18 Pasta Marinara Vegetable Cinnamon-Sugar Twist	19 Burger Salad Fruit	20 Salmon Vegetable Chocolate Panna Cotta	21 Pizza Salad Fruit	22
23	24 Pesto Pasta Salad Fruit	25 <u>Try-It-Tuesday</u> Chicken Tortilla Soup Vegetable Rice Pudding	26 Baked Potato Bar Salad Fruit	27 Cheesesteak Vegetable Ice Cream	28 Pizza Salad Fruit	29

# MARCH 2020

## MEATLESS MONDAYS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Grilled Cheese Tomato Soup Salad Fruit	3 <u>Guest Chef Dr. Williams' Meal</u> Meatloaf Vegetable Shortbread	4 Minestrone Conshy Italian Bread Salad Fruit	5 Pig in a Blanket Vegetable Banana Cake	6 Pizza Salad Fruit	7
8	9 NO SCHOOL FOR STUDENTS  RESEARCH SYMPOSIUM	10 <u>Taco Tuesday</u> Vegetable Butterscotch Pudding	11 Fish and Chips Salad Fruit	12 Spaghetti and Meatballs Vegetable Oat Bar	13 Pizza Salad Fruit	14
15	16 <u>Breakfast for Lunch</u> Muffin Yogurt Fruit	17 <u>Try-It Tuesday</u> Shepherd's Pie Vegetable Irish Potatoes	18 Burger Salad Fruit	19 <u>Guest Chef</u> TBA	20 Pizza Salad Fruit	21
22	23 SCHOOL CLOSED  SPRING BREAK	24 SCHOOL CLOSED  SPRING BREAK	25 SCHOOL CLOSED  SPRING BREAK	26 SCHOOL CLOSED  SPRING BREAK	27 SCHOOL CLOSED  SPRING BREAK	28
29	30 Pasta Alfredo Salad Fruit	31 Fried Chicken Vegetable Ginger Spice Cookie				

# APRIL 2020

## MEATLESS MONDAYS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Beef & Broccoli Jasmine Rice Salad Fruit	2 Nachos Vegetable Blondie	3 Pizza Salad Fruit	4
5	6 Baked Ziti Caesar Salad Fruit	7 Taco Tuesday Vegetable Key Lime Pie Bar	8 Barbecue Chicken Cornbread Salad Fruit	9 SCHOOL CLOSED  PASSOVER BEGINS	10 SCHOOL CLOSED  GOOD FRIDAY	11
12  Passover Begins →	13 Breakfast for Lunch Matzo Brei Salad Fruit	14 Chicken Matzo Ball Soup Matzo/Bread Flourless Chocolate Cake	15 Salmon Roasted Potatoes Salad Fruit	16 Brisket Vegetable Macaroon	17 Pizza/Matzo Pizza Salad Fruit	18
19	20 Quesadilla Rice Salad Fruit	21 Gnocchi Vegetable Pound Cake	22 Burger Salad Fruit	23 Chicken Caesar Salad Garlic Bread Chocolate Chip Cookie	24 Pizza Salad Fruit	25
26	27 Mac and Cheese Salad Fruit	28 Try-It-Tuesday Guest Chef <a href="#">Mr. Brooks</a> TBA	29 Sloppy Joe Salad Fruit	30 Chicken Lo Mein Vegetable Sugar Cookie		



# MAY 2020

## MEATLESS MONDAYS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Pizza Salad Fruit	2
3	4 Grilled Cheese Tomato Soup Salad Fruit	5 <u>Cinco de Mayo Meal</u> Arroz con Pollo Vegetable Mexican Chocolate Pudding	6 Pasta Marinara Caesar Salad Fruit	7 Cheesesteak Vegetable Cannoli	8 Pizza Salad Fruit	9
10	11 Pierogies Salad Fruit	12 <u>Taco Tuesday</u> Vegetable Zucchini Carrot Cake	13 Meatball Sub Salad Fruit	14 Fish Vegetable Double Chocolate Chip Cookie	15 Pizza Salad Fruit	16
17	18 <u>Breakfast for Lunch</u> Pancakes Cheesy Eggs Fruit	19 <u>Try-It-Tuesday</u> <u>Guest Chef Gabriella</u> Wedding Chicken Vegetable White Chocolate Panna Cotta	20 Burger Salad Fruit	21 Conshy Italian Bread Pizza Vegetable Cheesecake Bar	22 NO SCHOOL FOR STUDENTS  PROFESSIONAL DEVELOPMENT	23
24	25 SCHOOL CLOSED  MEMORIAL DAY	26 BLT Sub Vegetable Ice Cream	27 Quiche Salad Fruit	28 Chicken Parm with Pasta Vegetable Lemon Poppyseed Cookie	29 Pizza Salad Fruit	30
31						

# JUNE 2020

## MEATLESS MONDAYS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Quesadilla Rice Salad Fruit	2 <u>Student Chef du Jour</u> TBA	3 Burger/Hot Dog Salad Fruit	4 Conshy Italian Bread Pizza Vegetable Sweet	5 NO SCHOOL FOR STUDENTS  COMMENCEMENT	6
7	8 <u>Breakfast for Lunch</u> French Toast Granola Fruit	9 <u>Taco Tuesday</u> Vegetable Sweet	10 Chef's Choice Salad Fruit	11 NO SCHOOL FOR STUDENTS  SUMMER BREAK BEGINS	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				