

SEPTEMBER 2021

Gross Schechter Day School

LUNCH



Menu is subject to change.



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Grilled Cheese
Tomato Soup
Carrots
Fruit
Chocolate Milk **Picture Day!**

Taco Salad
Tortilla Chips
Lettuce/ Pico de Gallo
Fruit
Orange Juice

Pasta w/Cream Sauce
Broccoli
Fruit
Chocolate Milk

Labor Day
No School

Rosh Hashanah
No School

Rosh Hashanah
No School

Chicken Sandwich
Lettuce /Pickle
Chips / Fruit
Orange Juice

Pizza
Broccoli
No
Fruit
Cookie
Milk

French Toast/ Syrup
Yogurt / Eggs
Cereal
Banana
Milk

Pasta w/ Meatballs
Peas
Fruit
Orange Juice

Erev Yom Kippur
Noon Dismissal

Yom Kippur
No School

Cheese Quesadilla
Salsa / Sour Cream
Carrots / Fruit
Cookie / Milk

Erev Sukkot
No School

Sukkot
No School

Sukkot
No School

Chicken Nuggets
Fries
Green Beans
Fruit
Orange Juice

Baked Potato
Sour cream / Butter
Cheese
Broccoli / Fruit
Milk

Pasta w/Sauce
Green Beans
Fruit
Milk

Shemini Atzeret
No School

Simchat Torah
No School

Chili
Baked Potato
Broccoli
Fruit
Orange Juice