

Yiddishe Otzros School Menu

Monday

Morning snack:
Milk (rice dream)/ Water
Crackers/Rice cake/Pretzels
Cereal/ Oatmeal
Fruit

Lunch:
Water/Juice/Milk (rice dream)
Hard boiled egg/ scrambled eggs
Butternut Squash
Fruit

Afternoon Snack:
Cracker/Cookie
Raisins, Water

Tuesday

Morning snack:
Milk (rice dream)/ Water
Crackers/Rice cake/Pretzels
Cereal/ Oatmeal
Fruit

Lunch:
Water/Juice/Milk (rice dream)
Fish sticks / French Fries
Tomato/cucumber/pepper
Fruit

Afternoon Snack:
Cracker/Cookie
Raisins, Water

Wednesday

Morning snack:
Milk (rice dream)/ Water
Crackers/Rice cake/Pretzels
Cereal/ Oatmeal
Fruit

Lunch:
Water/Juice/Milk (rice dream)
Meatballs / Brown Rice
Tomato/cucumber/pepper
Fruit

Afternoon Snack:
Cracker/Cookie
Raisins, Water

Thursday

Morning snack:
Milk (rice dream)/ Water
Crackers/Rice cake/Pretzels
Cereal/ Oatmeal
Fruit

Lunch:
Water/Juice/Milk (rice dream)
Pasta / Tuna Fish
Carrots/Avocado
Fruit

Afternoon Snack:
Cracker/Cookie
Raisins, Water

Friday

Morning snack:
Milk (rice dream)/ Water
Crackers/Rice cake/Pretzels
Cereal/ Oatmeal
Fruit

Lunch:
Water/Juice/Milk (rice dream)
Whole wheat bread
Tomato/pepper
Fruit
Cookies/ Grape Juice