



Bais Yaakov EARLY LEARNING CENTER

Hot Lunch Menu - OCTOBER 2021 PRESCHOOL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|----------------------------------|---|---|
| 4 MAC & CHEESE GREEN BEANS APPLES | 5 FISH STICKS MASHED POTATOES ORANGES | 6 PIZZA CORN PINEAPPLE | 7 BAKED ZITI PEAS PEARS | 9  Good Shabbos!!! |
| 11 TUNA & BREAD SWEET POTATOES PEARS | 12 MAC & CHEESE GREEN BEANS APPLES | 13 PIZZA CORN PINEAPPLE | 14 CHEESE SANDWICH PEAS ORANGES | 15  Good Shabbos!!! |
| 18 BAKED ZITI CHICKPEAS PEARS | 19 FISH STICKS GREEN BEANS ORANGES | 20 PIZZA CORN PINEAPPLE | 21 MAC & CHEESE CARROTS APPLES | 22  Good Shabbos!!! |
| 25 CHEESE & YOGURT POTATO KNISH ORANGES | 26 BAKED ZITI PEAS PEARS | 27 PIZZA CORN PINEAPPLE | 28 TUNA & BREAD GREEN BEANS APPLES | 29  Good Shabbos!!! |

**Substitutions occur as needed

A bread alternative is served at every meal. Whole Wheat is served once a day.

The ELC provides milk at lunch and morning snack, 100% fruit juice is served at afternoon snack. 1% milk is provided for children over two years old.

Children between one and two years of age receive whole milk.

This facility is an equal opportunity provider.