

WESTCHESTER DAY SCHOOL
JUNE 2009 / SIVAN 5769

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Vegetable Soup MACARONI AND CHEESE Oven Dried Tomatoes Fresh Fruit	2 Lentil Soup HAMBURGERS Cole Slaw BBQ Onions Fresh Fruit	3 Egg Drop Soup STIR FRIED CHICKEN AND BROCCOLI Steamed Rice Fresh Fruit	4 Tomato Soup GRILLED CHEESE String Beans and Mushrooms Fresh Fruit	5 PIZZA Caesar Salad Fresh Fruit	6
7	8 Onion Soup BAKED ZITI Roasted Vegetables Fresh Fruit	9 Chicken Broth ROAST TURKEY SANDWICHES Carrot and Celery Sticks Fresh Fruit	10 Black Bean Soup BEEF TACOS Rice Pilaf Tomato Salsa Fresh Fruit	11 Vegetable Soup PANCAKES AND SCRAMBLED EGGS Homefried Potatoes Fresh Fruit	12 PIZZA Caesar Salad Fresh Fruit	13
14	15 Vegetable Soup CHEESE RAVIOLI Broccoli with Garlic Fresh Fruit	16 Mushroom Barley Soup MEATLOAF Rice Pilaf Peas and Carrots Fresh Fruit	17 Chicken Broth CHICKEN NUGGETS Health Salad Cole Slaw Fresh Fruit	18 PIZZA Caesar Salad Fresh Fruit	19 ENJOY YOUR SUMMER	20
21	22	23	24	25	26	27
28	29	30				

*Whole Wheat option available

If you have a food allergy, please speak to the Chef

<p>AVAILABLE DAILY:</p> <p>SEASONAL VEGETABLES AND SALADS AT THE SALAD BAR SEASONAL FRESH FRUIT</p> <p>CHUNK TUNA ASSORTED JUICES ON "MEAT DAYS" NO DAIRY SNACKS SERVED ON "MEAT DAYS"</p> <p>SKIM, LOW-FAT, AND WHOLE MILK AVAILABLE ON "DAIRY DAYS" ASSORTED BAGELS AND BREADS DAILY WITH WHOLE WHEAT</p>
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