

WESTCHESTER DAY SCHOOL
MARCH 2009 / ADAR 5769

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Onion Soup CHEESE RAVIOLI Roasted Vegetables Fresh Fruit	3 Lentil Soup HAMBURGERS Baked Beans BBQ Onions Fresh Fruit	4 Egg Drop Soup STIR FRIED CHICKEN AND VEGETABLES Rice Pilaf Fresh Fruit	5 Vegetable Soup MACARONI AND CHEESE Carrot and Celery Sticks Fresh Fruit	6 PIZZA Caesar Salad Fresh Fruit	7
8	9 PANCAKES AND SCRAMBLED EGGS Homefried Potatoes Fresh Fruit	10 ROAST TURKEY SANDWICHES Cole Slaw Hammentachen	11 Black Bean Soup BEEF TACOS Spanish Rice Tomato Salsa Fresh Fruit	12 Split Pea Soup FISHSTICKS BAKED POTATO Apple Sauce & Tartar Sauce Fresh Fruit	13 PIZZA Caesar Salad Fresh Fruit	14
15	16 Vegetable Soup BAKED ZITI Medley of Zucchini and Yellow Squash Fresh Fruit	17 Mushroom Barley Soup MEATLOAF AND GRAVY Rice Pilaf Peas and Carrots Fresh Fruit	18 Chicken Broth CHICKEN NUGGETS Health Salad Potato Salad Fresh Fruit	19 Vegetable and Rice Soup VEGETABLE CUTLETS Regular and Whole Wheat Pasta Marinara Fresh Fruit	20 PIZZA Caesar Salad Fresh Fruit	21
22	23 Tomato Soup GRILLED CHEESE Steamed String Beans Fresh Fruit	24 Egg Drop Soup STIR FRIED CHICKEN AND VEGETABLES Rice Pilaf Fresh Fruit	25 Minestrone Soup PASTA AND MEATBALLS Sauteed Spinach Fresh Fruit	26 Vegetable Soup FRENCH TOAST AND SCRAMBLED EGGS Homefried Potatoes Fresh Fruit	27 PIZZA Caesar Salad Fresh Fruit	28
29	30 Alphabet Soup CHEESE LASAGNA Roasted Vegetables Fresh Fruit	31 Lentil Soup HAMBURGERS Cole Slaw BBQ Onions Fresh Fruit				

*Whole Wheat option available

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