

Dining Room Menu – November 2019



MPLS 1984

HEILICHER

JEWISH DAY SCHOOL

Daily Offerings;

Fresh Salad Bar with salad toppings,
protein options, fresh cut fruit and
much more

Bagels, Bread, Cream Cheese, Sun
Butter, Jelly and Cereal w/milk

Questions or concerns, please
contact: lkaplan@hmjds.org

MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Cheese and Bean Tacos Spanish Rice Sweet Corn Egg Salad	Veggie Fried Rice "Chicken" Nuggets Sesame Green Beans Fresh Fruit	Homemade Chili Cheese Nachos Guacamole Pineapple	Macaroni and Cheese Buttered Peas Tuna Salad Warm Roll	All School Lunch Cheese Pizza Fresh Fruit Chef Salad w/Cheese Ice Cream
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
"Chicken" Patty Sandwich Sweet and Sour Slaw Veggie Rice Soup Potato Chips	Breakfast Sandwich Veggie "Sausage" Patty Breakfast Potatoes Apple Slices	Grilled Cheese Creamy Tomato Soup Pasta with Pesto Cookie	Baked Ziti Pasta Caesar Salad Garlic Cheese Bread Egg Salad	All School Lunch Cheese Pizza Fresh Fruit Chef Salad w/Cheese Ice Cream
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Cheese Quesadillas Spanish Rice Pinto Beans Roasted Zucchini	French Toast Cheese Eggs Fresh Fruit Yogurt	Tikka Masala Tofu Curry Brown Rice Snap Peas and Carrots Yogurt	Spaghetti with Marinara Sauce Stewed Chickpeas Veggies and Dip Cheesy Breadstick	All School Lunch Cheese Pizza Fresh Fruit Chef Salad w/Cheese Ice Cream
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
"Chicken" Nuggets Mashed Potatoes Glazed Carrots Cottage Cheese	Belgian Waffle Breakfast "Sausage" Cheese Quiche Applesauce	NO SCHOOL	NO SCHOOL	NO SCHOOL