

Dining Room Menu – October 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 30	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
NO SCHOOL	NO SCHOOL	Vegetable Noodle Soup Tuna Melt Fresh Fruit 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 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
Cheese Quesadillas Spanish Rice Pinto Beans Roasted Zucchini	NO LUNCH	NO SCHOOL	Belgian Waffle Breakfast "Sausage" Cheese Quiche Applesauce	All School Lunch Cheese Pizza Fresh Fruit Chef Salad w/Cheese Ice Cream
MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
NO SCHOOL	NO SCHOOL	Grilled Cheese Creamy Tomato Soup Pasta with Pesto Cookie	Pasta with Alfredo Sauce Baked Salmon Fresh Green Beans Mandarin Oranges	All School Lunch Cheese Pizza Fresh Fruit Chef Salad w/Cheese Ice Cream
MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
NO SCHOOL	NO SCHOOL	Homemade Chili Cheese Nachos Guacamole Chocolate Pudding	Corn Dog Corn on the Cob Twice Baked Potato Bake Marinated Cucumbers	All School Lunch Cheese Pizza Fresh Fruit Chef Salad w/Cheese Ice Cream
MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 1
"Chicken" Nuggets Mashed Potatoes Glazed Carrots Cottage Cheese	French Toast Cheese Eggs Fresh Fruit Yogurt	Grilled Cheese Creamy Tomato Soup Pasta with Pesto Cookie	Pasta with Salsa Rosa Ratatouille White Bean Salad Apple Slices	All School Lunch Cheese Pizza Fresh Fruit Chef Salad w/Cheese Ice Cream