

# NORTH SHORE HEBREW ACADEMY LUNCH MENU

# NOVEMBER 2016

We encourage students to try new foods and eat the lunch that is provided. We provide alternatives for those children who do not care for the daily lunch choice. On dairy days, we offer yogurt, whole grain cereal, cheese or soy butter sandwiches. On meat days, there is low fat tuna salad. Salad bar and seasonal fruit are offered daily. Please send only pareve snacks with your children on days when meat is being served.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>LISA PARKER</b> FOOD SERVICES DIRECTOR 516-487-8687 x129	11/1  <b>MEATBALLS &amp; BOW TIES</b>	11/2  <b>PIZZA</b>	11/3  <b>FALAFEL, BOREKAS &amp; SALAD</b>	11/4  <b>BROWN BAG LUNCH DAIRY OR PAREVE ONLY PLEASE</b>	
	11/7  <b>MAC &amp; CHEESE</b>	11/8  <b>DELI ON RYE SANDWICHES &amp; SOUP</b>	11/9  <b>PIZZA</b>	11/10  <b>VEGGIE CUTLETS, RICE &amp; BROCCOLI</b>	11/11  <b>NO SCHOOL</b>
	11/14  <b>BAKED FISH &amp; RICE</b>	11/15  <b>BBQ CHICKEN, RICE &amp; VEGGIES</b>	11/16  <b>PIZZA BIRTHDAY CELEBRATIONS</b> EARLY DISMISSAL - CL	11/17  <b>TUNA, BAGELS &amp; SOUP</b>	11/18  <b>BROWN BAG LUNCH DAIRY OR PARVE ONLY PLEASE</b>
	11/21  <b>BAKED ZITI</b>	11/22  <b>BURGERS &amp; TATER TOTS</b>	11/23  <b>PIZZA</b>	11/24  <b>NO SCHOOL</b>	11/25  <b>NO SCHOOL</b>
	11/28  <b>LASAGNA &amp; VEGGIES</b>	11/29  <b>SCHNITZEL &amp; POTATOES</b>	11/30  <b>PIZZA</b>	<b>ESTHER ELIAN</b> OLD MILL COORDINATOR 516-487-9163 x229	<b>NORTH SHORE HEBREW ACADEMY</b> ישיבת חוף הצפון

We need your help serving lunch. Please volunteer, whether you are available one day a week, a month or all year! Call or email the lunch captain in charge of the day you can help. We greatly appreciate it! Thank you!