

NSHA OCTOBER 2021 MENU



NORTH SHORE
HEBREW ACADEMY



ישיבת חוף הצפון

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Bagels Tuna, Egg Salad, Cream Cheese, Cheese, Butter
4 Chicken With Mixed Vegetables White Rice Fresh Fruit	5 Pizza Caesar Salad	6 Beef Burgers Roasted Potatoes Steamed Corn	7 Mac & Cheese Roasted Broccoli Fresh Fruit	8 Bagels Tuna, Egg Salad, Cream Cheese, Cheese, Butter
11 Meatballs Pasta Mixed Vegetables	12 Pizza Caesar Salad	13 Schnitzel Rice String Beans	14 Baked Ziti Roasted Sweet Potatoes Fresh Fruit	15 Bagels Tuna, Egg Salad, Cream Cheese, Cheese, Butter
18 Chicken Nuggets Rice String Beans Fresh Fruit	19 Pizza Caesar Salad	20 Deli Hoagies Cole Slaw	21 Fish sticks Mashed potatoes Peas and carrots	22 Bagels Tuna, Egg Salad, Cream Cheese, Cheese, Butter
25 Sloppy Joes Mixed Vegetables Fresh Fruit	26 Pizza Caesar Salad	27 BBQ Chicken Rice String Beans	28 Pancakes with Syrup Yogurt Fresh Fruit	29 Bagels Tuna, Egg Salad, Cream Cheese, Cheese, Butter

Available Daily

Bread Display

Assorted Seed Free Mini Bagels

Sliced whole wheat Bread

Sun Butter and Jelly Meat Days Only

Pasta with ketchup available daily

Salad Bar

May Include

Greens

Romaine, Mesclun, and Iceberg

Vegetables

Cucumbers, Tomatoes, Shredded Carrots, Assorted Peppers, Edamame, Cherry Tomatoes, Celery, Mushrooms, Roasted Sweet Potato, Roasted Zucchini, Roasted Squash, Roasted Mushrooms, Green Peas, Red Cabbage, Red Onion, Baby corn, Chick Peas, Black Beans, kidney Beans, Diced Beets, water Chestnuts, Pickles, Olives, Hearts of Palm,

Toppings

Croutons, Chinese Noodles, Craisins,

Tuna, Hard Boiled Eggs

Dressings

May Include

Italian, Creamy Italian, Balsamic Vinaigrette, French, Russian, Caesar, Raspberry Vinaigrette, Olive Oil, Lemon Juice

Whole Fruit(Seasonal)

Apples, Oranges, Bananas, Peaches, Plums