

# NSHA NOVEMBER 2021 MENU



NORTH SHORE  
HEBREW ACADEMY



ישיבת חוף הצפון

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nuggets Rice String Beans	2 Pizza Caesar Salad	3 Deli Hoagies Cole Slaw	4 French Toast Sticks Syrup Yogurt	5 Bagels Tuna, Egg Salad, Cream Cheese, Cheese, Butter
8 Chicken Fingers Orzo Steamed Carrots	9 Pizza Caesar Salad	10 Sloppy Joes Mixed Vegetables	11 NO SESSIONS	12 Bagels Tuna, Egg Salad, Cream Cheese, Cheese, Butter
15 Meatballs Pasta Mixed Vegetables	16 Pizza Caesar Salad	17 Schnitzel Rice Corn	18 Pancakes Syrup Yogurt	19 Bagels Tuna, Egg Salad, Cream Cheese, Cheese, Butter
22 Chicken Nuggets Rice Roasted Cauliflower	23 Pizza Caesar Salad	24 Shwarma chicken Israeli salad Sesame free chummus Pita Israeli salad	25 No Sessions Thanksgiving	26 No Sessions
29 Chicken Fingers Orzo Steamed Carrots	30 Pizza Caesar Salad			

## 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