

Slater Torah Academy Menu for August 2024

Breakfast Both Weeks						
Menu Item / Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	
Grain	Honey Scooter	Cinnamon Chex	Raisin Bran	Cinnamon Chex	Honey Scooter	Min 1 Oz daily
Protein	American Cheese & Slice of Bread		American Cheese & Slice of Bread			1 oz bread, .75 oz cheese on days served
Fruit	Apple+Diced Peaches	Banana+Raisin	Orange+Mandarin Cup	Apple+Diced Peaches	Banana+Raisin	Min 1 cup daily
Drink	Low Fat or No Fat Milk	Low Fat or No Fat Milk		Low Fat or No Fat Milk	Low Fat or No Fat Milk	8 oz Daily

September Lunch Menu						
August	2	3	4	5	6	
Washing Day?	No School- Labor Day	Yes	No	No	Yes	
Grain		Alex's Pizza	WW Bun	Baked Ziti	Challah Roll	Min 1 oz daily. 8-9 per week
Meat/Meat Alternate			Hot Dog		American Cheese or Peanut Butter	Min 1 oz daily. 9-10 per week
Vegetable		Chickpea Salad	Fries	Tomatoes+Cucumbers+Pepper	Tomatoes+Cucumbers+Pepper	min 3/4 cups daily
Fruit		Apple	Pineapple	Cantaloupe	Watermelon	Min 1/2 cup daily
Drink		Low Fat or No Fat Milk	100% Apple Juice	Low Fat or No Fat Milk	Low Fat or No Fat Milk	8 oz Daily
August	9	10	11	12	13	
Washing Day?	Yes	Yes	No	No	Yes	
Grain	WW Bread	WW Bread Cheese Sandwich	WW Pasta	WW Cheese Lasagna	Challah Roll	Min 1 oz daily. 8-9 per week
Meat/Meat Alternate	Fish Sticks		Meat Sauce		Egg - 2	Min 1 oz daily. 9-10 per week
Vegetable	Fries	Tomatoes+Cucumbers+Pepper	Tomatoes+Cucumbers+Pepper	Tomatoes+Cucumbers+Pepper	Chickpea Salad	min 3/4 cups daily
Fruit	Grapes	Apple	Honeydew	Cantaloupe	Watermelon	Min 1/2 cup daily
Drink	100% Apple Juice	Low Fat or No Fat Milk	100% Apple Juice	Low Fat or No Fat Milk	Low Fat or No Fat Milk	8 oz Daily
August	16	17	18	19	20	
Washing Day?	Yes	Yes	No	No	Yes	
Grain	Rice	Alex's Pizza	WW Burger Bun	Baked Ziti	Challah Roll	Min 1 oz daily. 8-9 per week
Meat/Meat Alternate	Chicken		Burger		American Cheese or Peanut Butter	Min 1 oz daily. 9-10 per week
Vegetable	Green Beans	Chickpea Salad	Fries	Tomatoes+Cucumbers+Pepper	Tomatoes+Cucumbers+Pepper	min 3/4 cups daily
Fruit	Grapes	Apple	Pineapple	Cantaloupe	Watermelon	Min 1/2 cup daily
Drink	100% Apple Juice	Low Fat or No Fat Milk	100% Apple Juice	Low Fat or No Fat Milk	Low Fat or No Fat Milk	8 oz Daily
August	23	24	25	26	27	
Washing Day?	Yes	Yes	No	No	Yes	
Grain	WW Bread	WW Bread Cheese Sandwich	WW Pasta	WW Cheese Lasagna	Challah Roll	Min 1 oz daily. 8-9 per week
Meat/Meat Alternate	Fish Sticks		Meat Sauce		Egg - 2	Min 1 oz daily. 9-10 per week
Vegetable	Fries	Tomatoes+Cucumbers+Pepper	Tomatoes+Cucumbers+Pepper	Tomatoes+Cucumbers+Pepper	Chickpea Salad	min 3/4 cups daily
Fruit	Grapes	Apple	Honeydew	Cantaloupe	Watermelon	Min 1/2 cup daily
Drink	100% Apple Juice	Low Fat or No Fat Milk	100% Apple Juice	Low Fat or No Fat Milk	Low Fat or No Fat Milk	8 oz Daily
August	30					
Washing Day?	Yes					
Grain	Rice					
Meat/Meat Alternate	Chicken					
Vegetable	Green Beans					
Fruit	Grapes					
Drink	100% Apple Juice					

*Reminder: Please do not send dairy snacks/food on days when chicken/meat is served.

This institution is an equal opportunity provider and employer.