

Slater Torah Academy Menu for October 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
October Lunch Menu						
October	30	1	2	3	4	
Washing Day?	Yes	Yes	No	No School- Rosh Hashana	No School- Rosh Hashana	Min 1 oz daily. 8-9 per week
Grain	Rice	Alex's Pizza	Baked Ziti			Min 1 oz daily. 9-10 per week
Meat/Meat Alternate	Chicken					min 3/4 cups daily
Vegetable	Green Beans	Chickpea Salad	Tomatoes+Cucumbers+Pepper			Min 1/2 cup daily
Fruit	Grapes	Apple	Cantaloupe			8 oz Daily
Drink	100% Apple Juice	Low Fat or No Fat Milk	Low Fat or No Fat Milk			
October	7	8	9	10	11	
Washing Day?	Yes	Yes	No	No	No Lunch - Early Dismissal 11:45	Min 1 oz daily. 8-9 per week
Grain	WW Bread	WW Bread Cheese Sandwich	WW Pasta	WW Cheese Lasagna		Min 1 oz daily. 9-10 per week
Meat/Meat Alternate	Fish Sticks			Meat Sauce		min 3/4 cups daily
Vegetable	Fries	Tomatoes+Cucumbers+Pepper	Tomatoes+Cucumbers+Pepper	Tomatoes+Cucumbers+Pepper		Min 1/2 cup daily
Fruit	Grapes	Apple	Honeydew	Cantaloupe		8 oz Daily
Drink	100% Apple Juice	Low Fat or No Fat Milk	100% Apple Juice	Low Fat or No Fat Milk		
October	14	15	16	17	18	
Washing Day?	Yes	Yes	No	No School- Sukkot	No School- Sukkot	Min 1 oz daily. 8-9 per week
Grain	Rice	Alex's Pizza	Baked Ziti			Min 1 oz daily. 9-10 per week
Meat/Meat Alternate	Chicken					
Vegetable	Green Beans	Chickpea Salad	Tomatoes+Cucumbers+Pepper			Min 1/2 cup daily
Fruit	Grapes	Apple	Cantaloupe			8 oz Daily
Drink	100% Apple Juice	Low Fat or No Fat Milk	Low Fat or No Fat Milk			
October	21	22	23	24	25	
Washing Day?	No	Yes	Yes	No School- Simchat Torah	No School- Simchat Torah	Min 1 oz daily. 8-9 per week
Grain	WW Cheese Lasagna	WW Bread Cheese Sandwich	Roast			Min 1 oz daily. 9-10 per week
Meat/Meat Alternate						Rice
Vegetable	Tomatoes+Cucumbers+Pepper	Tomatoes+Cucumbers+Pepper	Green Beans			Min 1/2 cup daily
Fruit	Cantaloupe	Apple	100% Apple Juice			8 oz Daily
Drink	Low Fat or No Fat Milk	Low Fat or No Fat Milk				
October	28	29	30	31	1	
Washing Day?	Yes	Yes	No	No	Yes	Min 1 oz daily. 8-9 per week
Grain	Rice	Alex's Pizza	WW Burger Bun	Baked Ziti	Challah Roll	Min 1 oz daily. 9-10 per week
Meat/Meat Alternate	Chicken				Burger	American Cheese or Peanut Butter
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
<p style="color: red; margin: 0;">*Reminder: Please do not send dairy snacks/food on days when chicken/meat is served.</p> <p style="margin: 0;">This institution is an equal opportunity provider and employer.</p>						