

Slater Torah Academy Menu for November 2024

Breakfast All 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

November Lunch Menu

November	4	5	6	7	8	
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
November	11	12	13	14	15	
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
November	18	19	20	21	22	
Washing Day?	Yes	No School - Parent Conferences	No	No	Yes	
Grain	WW Bread		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	Chickpea Salad	min 3/4 cups daily
Fruit	Grapes		Honeydew	Cantaloupe	Watermelon	Min 1/2 cup daily
Drink	100% Apple Juice	100% Apple Juice	Low Fat or No Fat Milk	Low Fat or No Fat Milk	8 oz Daily	
November	25	26	27	28	29	
Washing Day?	Yes	Yes	No School - Thanksgiving Break	No School - Thanksgiving Break	No School - Thanksgiving Break	
Grain	Rice	WW Bread Cheese Sandwich				Min 1 oz daily. 8-9 per week
Meat/Meat Alternate	Chicken					Min 1 oz daily. 9-10 per week
Vegetable	Green Beans	Tomatoes+Cucumbers+Pepper				min 3/4 cups daily
Fruit	Grapes	Apple				Min 1/2 cup daily
Drink	100% Apple Juice	Low Fat or No Fat Milk	8 oz Daily			

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

This institution is an equal opportunity provider and employer.