



THE WESTCHESTER FAIRFIELD HEBREW ACADEMY

SCHOOL LUNCH MENU January 4, 2010 through March 26, 2010

The WFHA Hot Lunch Menu will also include the following daily items:

- Daily Fresh Fruit and Vegetable
- Whole Grain Breads and/or Rolls
- Soy Butter and Jelly
- Expanded Salad Bar may include Lettuce, Tomato, Carrots, Cucumbers, Corn, Pasta Salad, Bean Salad, Hummus, Tuna Salad, Egg Salad

MONDAY (Pizza)	TUESDAY (Meat)	WEDNESDAY (Dairy)	THURSDAY (Meat)	FRIDAY (Bagel)
January 4	January 5	January 6	January 7	January 8
Pizza Pasta Salad	Chicken Teriyaki with Snap Peas Brown Rice	Baked Ziti Garlic Bread Steamed Broccoli	Hamburgers Tater Tots Tomato Soup Fruit & Veggies	Bagel Day Tuna/Egg Salad Cream Cheese/Butter Salad
January 11	January 12	January 13	January 14	January 15
Pizza Pasta Salad	Grilled Chicken in Pita Chicken Noodle Soup Fruits & Veggies	Grilled Cheese Vegetable Soup Fruit & Veggies	Spaghetti & Meatballs Garlic Bread Cauliflower	Bagel Day Tuna/Egg Salad Cream Cheese/Butter Salad
January 18	January 19	January 20	January 21	January 22
NO SCHOOL	Turkey on the Bone Stuffing Fruit & Veggies	Breakfast for lunch Pancakes French Toast Maple Syrup Fresh Fruit	Baked Chicken Tenders Curly Fries Carrots	Bagel Day Tuna/Egg Salad Cream Cheese/Butter Salad
January 25	January 26	January 27	January 28	January 29
Pizza Pasta Salad	Sweet & Sour Meatballs Brown Rice Broccoli	Mac & Cheese Split Pea Soup Fruit & Veggies	BBQ Chicken Brown Rice Applesauce Veggie Medley	Bagel Day Tuna/Egg Salad Cream Cheese/Butter Salad
February 1	February 2	February 3	February 4	February 5
Pizza Pasta Salad	BBQ Beef Brown Rice Fruit & Veggies	Baked Ziti Garlic Bread Mushroom Barley Soup Fruit & Veggies	Baked Chicken Tenders Sweet Potato Fries Fruit & Veggies	STAFF DAY

MONDAY (Pizza)	TUESDAY (Meat)	WEDNESDAY (Dairy)	THURSDAY (Meat)	FRIDAY (Bagel)
February 8	February 9	February 10	February 11	February 12
Pizza Pasta Salad	Spaghetti and Meatballs Garlic Bread Cauliflower	Grilled Cheese Tomato/Rice Soup Vegetable Medley	All Beef Hotdogs With the fixings Fruit & Veggies	Bagel Day Tuna/Egg Salad Cream Cheese/Butter Salad
February 15	February 16	February 17	February 18	February 19
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
February 22	February 23	February 24	February 26	February 26
Pizza Pasta Salad	Turkey on the Bone Roasted Potatoes Fruit & Veggies	Mac & Cheese Vegetable soup Fruit & Veggies	Beef Ravioli Marinara Sauce Fruit & Veggies	Bagel Day Tuna/Egg Salad Cream Cheese/Butter Salad
March 1	March 2	March 3	March 4	March 5
Pizza Pasta Salad	Grilled Chicken in Pita Chicken Noodle Soup Fruit & Veggies	Breakfast for lunch Pancakes French Toast Maple Syrup Fresh Fruit	Spaghetti and Meatballs Garlic Bread Fruit & Veggies	Bagel Day Tuna/Egg Salad Cream Cheese/Butter Salad
March 8	March 9	March 10	March 11	March 12
Pizza Pasta Salad	Deli Day Make Your Own Sandwiches	Tortellini Alfredo Garlic Bread Broccoli	Hamburger Tater Tots Chicken Noodle Soup Fruit & Veggies	Bagel Day Tuna/Egg Salad Cream Cheese/Butter Salad
March 15	March 16	March 17	March 18	March 19
Pizza Pasta Salad	Beef Ravioli Marinara Sauce Lentil Soup Fruit & Veggies	Mozzarella Sticks Plain Pasta Marinara Sauce Fruit & Veggies	Roasted Chicken Drumsticks Mashed Potatoes String Beans	Bagel Day Tuna/Egg Salad Cream Cheese/Butter Salad
March 22	March 23	March 24	March 25	March 26
Pizza Pasta Salad	Turkey Sausage Gravy Penne Pasta Fruit & Veggies	Breakfast for lunch Pancakes French Toast Maple Syrup Fresh Fruit	Sliced Steak Brown Rice Tomato Soup Fruit & Veggies	Bagel Day Tuna/Egg Salad Cream Cheese/Butter Salad

- No MSG is used
- All foods prepared with low sodium
- No trans fats are used
- All fruits and vegetables are fresh
- The WFHA caterer operates under the strict supervision of the Department of Aging.