

January 2023

Hebrew Academy RASG

<< December	1ST -12TH GRADE JANUARY				
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2</p>	<p>3</p>	<p>4</p> <p>Entrees Walk-up Hot & Healthy Lunch Walk-up FRESH SALAD BAR with Soup, Salad, Bread, Fruit, Mini Water Bottle</p> <p>Combos Hot & Healthy PIZZA (GF PIZZA Available), Seasoned Baked Sweet Potato Fries (GF), Caesar Salad (GF), Cream of Butternut Squash (GF), Banana</p> <p>A La Carte, Sides & Drinks BAGEL WITH CREAM CHEESE EXTRA PIZZA SLICE POKE BOWL - SALMON & FAUX CRAB SALADS Caesar Salad SOUP WRAPS Egg Salad WRAPS Tuna Salad</p>	<p>5</p> <p>Entrees Walk-up Hot & Healthy Lunch Walk-up FRESH SALAD BAR with Soup, Salad, Bread, Fruit, Mini Water Bottle</p> <p>Combos HOT & HEALTHY SHAWARMA CHICKEN & FALAFEL, Chicken Vegetable Soup, Israeli Quinoa (GF), Chopped Israeli Salad (GF), Hummus, Tehina. Pita or GF Roll, Fruit of the Day</p> <p>A La Carte, Sides & Drinks BAGEL WITH CREAM CHEESE POKE BOWL - SALMON & FAUX CRAB SALADS Caesar Salad SALADS Grilled Chicken Caesar Salad SOUP WRAPS Egg Salad WRAPS Schnitzel WRAPS Tuna Salad WRAPS Turkey</p>	<p>6</p> <p>Entrees Walk-up Hot & Healthy Lunch Walk-up FRESH SALAD BAR with Soup, Salad, Bread, Fruit, Mini Water Bottle</p> <p>Combos HOT & HEALTHY BAKED ZITI, VEGETABLE SOUP, GARDEN SALAD, GARLIC BREAD/ROLL, FRUIT OF THE DAY</p> <p>A La Carte, Sides & Drinks BAGEL WITH CREAM CHEESE POKE BOWL - SALMON & FAUX CRAB SALADS Caesar Salad SOUP WRAPS Egg Salad WRAPS Tuna Salad</p>	
<p>9</p> <p>Entrees Walk-up Hot & Healthy Lunch Walk-up FRESH SALAD BAR with Soup, Salad, Bread, Fruit, Mini Water Bottle</p> <p>Combos Hot & Healthy CHICKEN TERIYAKI (GF), Teriyaki Noodles Teriyaki Stir Fry Vegetables (GF), Asian Salad with Sesame Ginger Dressing (GF), Thai Chicken Soup (GF), Rice Cake (GF), Orange</p> <p>A La Carte, Sides & Drinks BAGEL WITH CREAM CHEESE POKE BOWL - SALMON & FAUX CRAB SALADS Caesar Salad SALADS Grilled Chicken Caesar Salad SOUP WRAPS Egg Salad WRAPS Schnitzel WRAPS Tuna Salad WRAPS Turkey</p>	<p>10</p> <p>Entrees Walk-up Hot & Healthy Lunch Walk-up FRESH SALAD BAR with Soup, Salad, Bread, Fruit, Mini Water Bottle</p> <p>Combos Hot & Healthy CHICKEN TACOS (GF), Rice & Beans (GF), Guacamole & Pico de Gallo (GF), Cream of Corn (GF), GF Taco, Pear Hot & Healthy PULLED BEEF TACOS, Rice & Beans (GF), Guacamole & Pico de Gallo (GF), Cream of Corn (GF), GF Taco, Pear</p> <p>A La Carte, Sides & Drinks BAGEL WITH CREAM CHEESE POKE BOWL - SALMON & FAUX CRAB SALADS Caesar Salad SALADS Grilled Chicken Caesar Salad SOUP WRAPS Egg Salad WRAPS Schnitzel</p>	<p>11</p> <p>Entrees Walk-up Hot & Healthy Lunch Walk-up FRESH SALAD BAR with Soup, Salad, Bread, Fruit, Mini Water Bottle</p> <p>Combos HOT & HEALTHY PIZZA (GF PIZZA Available), Cream of Butternut Squash Soup, Sweet Potato Fries(GF), Caesar Salad (GF), Fruit of the Day</p> <p>A La Carte, Sides & Drinks EXTRA PIZZA SLICE POKE BOWL - SALMON & FAUX CRAB SALADS Caesar Salad SOUP WRAPS Egg Salad WRAPS Tuna Salad</p>	<p>12</p> <p>Entrees Walk-up Hot & Healthy Lunch Walk-up FRESH SALAD BAR with Soup, Salad, Bread, Fruit, Mini Water Bottle</p> <p>Combos Hot & Healthy BBQ DAY BEEF BURGERS (GF), Corn on the Cob (GF), Yucca Fries (GF), Chefs Chopped Salad (GF), Creamy Vegetable Soup (GF), Pretzel Bun or GF Roll, Watermelon Hot & Healthy BBQ DAY GRILLED CHICKEN (GF), Corn on the Cob (GF), Yucca Fries (GF), Chefs Chopped Salad (GF), Creamy Vegetable Soup (GF), Pretzel Bun or GF Roll, Watermelon</p> <p>A La Carte, Sides & Drinks BAGEL WITH CREAM CHEESE POKE BOWL - SALMON & FAUX CRAB SALADS Caesar Salad SALADS Grilled Chicken Caesar Salad SOUP WRAPS Egg Salad WRAPS Schnitzel</p>	<p>13</p> <p>Entrees Walk-up Hot & Healthy Lunch Walk-up FRESH SALAD BAR with Soup, Salad, Bread, Fruit, Mini Water Bottle</p> <p>Combos HOT & HEALTHY MACARONI & CHEESE, SALAD, VEGETABLE, FRUIT, WATER</p> <p>A La Carte, Sides & Drinks BAGEL WITH CREAM CHEESE POKE BOWL - SALMON & FAUX CRAB SALADS Caesar Salad SOUP WRAPS Egg Salad WRAPS Tuna Salad</p>	

	WRAPS Tuna Salad WRAPS Turkey		WRAPS Tuna Salad WRAPS Turkey				
16	Entrees Walk-up Hot & Healthy Lunch Walk-up FRESH SALAD BAR with Soup, Salad, Bread, Fruit, Mini Water Bottle Combos HOT & HEALTHY SWEET & SOUR CHICKEN, LO MEIN, VEGETABLE, STIR FRY, CARROT GINGER SOUP, ASIAN CABBAGE SLAW, RICE CAKE, FRUIT OF THE DAY A La Carte, Sides & Drinks BAGEL WITH CREAM CHEESE POKE BOWL - SALMON & FAUX CRAB SALADS Caesar Salad SALADS Grilled Chicken Caesar Salad SOUP WRAPS Egg Salad WRAPS Schnitzel WRAPS Tuna Salad WRAPS Turkey	17	Entrees Walk-up Hot & Healthy Lunch Walk-up FRESH SALAD BAR with Soup, Salad, Bread, Fruit, Mini Water Bottle Combos Hot & Healthy CHICKEN AREPAS (GF), Latin Brown Rice with Medley of Vegetables (GF), Guacamole & Pico de Gallo (GF), Tortilla Tomato Soup (GF), Arepa (GF), Pear Hot & Healthy PULLED BEEF AREPAS, Latin Brown Rice with Medley of Vegetables (GF), Guacamole & Pico de Gallo (GF), Tortilla Tomato Soup (GF), Arepa (GF), Pear A La Carte, Sides & Drinks BAGEL WITH CREAM CHEESE POKE BOWL - SALMON & FAUX CRAB SALADS Caesar Salad SALADS Grilled Chicken Caesar Salad SOUP WRAPS Egg Salad WRAPS Schnitzel WRAPS Tuna Salad WRAPS Turkey	18	Entrees Walk-up Hot & Healthy Lunch Combos HOT & HEALTHY PIZZA (GF PIZZA Available), Cream of Butternut Squash Soup, Sweet Potato Fries(GF), Caesar Salad (GF), Fruit of the Day A La Carte, Sides & Drinks BAGEL WITH CREAM CHEESE EXTRA PIZZA SLICE POKE BOWL - SALMON & FAUX CRAB SALADS Caesar Salad SOUP WRAPS Egg Salad WRAPS Tuna Salad	19	20
23	24	25	26	27			
30	Entrees Walk-up Hot & Healthy Lunch Walk-up FRESH SALAD BAR with Soup, Salad, Bread, Fruit, Mini Water Bottle Combos Hot & Healthy CHICKEN TERIYAKI (GF), Teriyaki Noodles Teriyaki Stir Fry Vegetables (GF), Asian Salad with Sesame Ginger Dressing (GF), Thai Chicken Soup (GF), Rice Cake (GF), Orange A La Carte, Sides & Drinks BAGEL WITH CREAM CHEESE POKE BOWL - SALMON & FAUX CRAB SALADS Caesar Salad SALADS Grilled Chicken Caesar Salad SOUP WRAPS Egg Salad WRAPS Schnitzel	31	Entrees Walk-up Hot & Healthy Lunch Walk-up FRESH SALAD BAR with Soup, Salad, Bread, Fruit, Mini Water Bottle Combos Hot & Healthy CHICKEN TACOS (GF), Rice & Beans (GF), Guacamole & Pico de Gallo (GF), Cream of Corn (GF), GF Taco, Pear Hot & Healthy PULLED BEEF TACOS, Rice & Beans (GF), Guacamole & Pico de Gallo (GF), Cream of Corn (GF), GF Taco, Pear A La Carte, Sides & Drinks BAGEL WITH CREAM CHEESE POKE BOWL - SALMON & FAUX CRAB SALADS Caesar Salad SALADS Grilled Chicken Caesar Salad				

WRAPS Tuna Salad
WRAPS Turkey

SOUP
WRAPS Egg Salad
WRAPS Schnitzel
WRAPS Tuna Salad
WRAPS Turkey