

Week 05/02 al 05/06

	Monday		Tuesday		Wednesday		Thursday		Friday
••	Chicken Nuggets French Fries Brocolli	•	Lenny's Pizza Personal Pizza - GF & Dairy Free Adaname	••••	Baked BBQ Chicken Drumsticks White Rice Corn on the cob High School- BBQ	•••	Falafel Pita Bread and Hummus Israeli Salad	••••	Baked Ziti Garlic Bread Roasted Zucchini
::	Chicken Noodle Soup Build-Your-Own Baby Romaine Salad	•••	Lentil Soup Build-Your-Own Baby Romaine Salad	•••	Split Pea Soup Build-Your-Own Baby Romaine Salad	••••	Minestrone Soup Build-Your-Own Baby Romaine Salad	•••	Lentil Soup Build-Your-Own Baby Romaine Salad
;;	Hummus with Vegetables	;;	Hummus with Vegetables	::	Hummus with Vegetables		Hummus with Vegetables	::	Hummus with Vegetables
••	Garden Salad Assorted Fresh-Cut Fruit	::	Garden Salad Assorted Fresh-Cut Fruit	•••	Garden Salad Assorted Fresh-Cut Fruit	•••	Garden Salad Assorted Fresh-Cut Fruit	•••	Garden Salad Assorted Fresh-Cut Fruit
:*	Egg Salad	:•	Egg Salad	:•	Egg Salad	:-	Egg Salad	•	Egg Salad
•	Tuna Salad	:	Tuna Salad	:•	Tuna Salad	:	Tuna Salad	:-	Tuna Salad
•	Hard Boiled Egg	:	Hard Boiled Egg	:	Hard Boiled Egg	:	Hard Boiled Egg	:	Hard Boiled Egg
	Kale Caesar Salad Quinoa Bean Salad	••	Kale Caesar Salad Quinoa Bean Salad	••	Kale Caesar Salad Quinoa Bean Salad	••	Kale Caesar Salad Quinoa Bean Salad	••	Kale Caesar Salad Quinoa Bean Salad
•	Kosher Subway	•	Kosher Subway	•	Kosher Subway	•	Kosher Subway	•	Kosher Subway

Dairy F Salad bar F Gluten free F Meat Vegetarian F Parve

Accompaniments Available Daily: Spa Water, Rice Noodles, WG Rolls, Golden Raisins, Italian Dressing, Thousand Island Dressing, Extra-Virgin Olive Oil, Sweetened Dried Cranberries, Parve Kosher, Caesar Dressing, Honey Mustard Dressing, and Balsamic Vinegar. A la carte items available daily includes: Sushi, Fruit Cups, Yogurt Parfaits and other items. Menu Subject to change without notice.



J Café Contract Meal Services



J Café Contract Meal Services

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Week	05/09 05/13	-	-			-

	Monday		Tuesday		Wednesday		Thursday		Friday
••	Chicken Tenders French Fries Edamame Turkey and Salami Subs	•	Lenny's Pizza Personal Pizza - GF & Dairy Free Roasted Vegetables	•	Chinese Chicken rice Eggs Rolls Turkey an d Salami Subs	•••••	Cheese Quesadillas Chips With Guacamole Black Beans Tuna sub	•••	Soy Nuggets Curly French Fries Mix Veggies Tuna Sub
••	Chicken Noodle Soup Build-Your-Own Baby Romaine Salad	•••	Lentil Soup Build-Your-Own Baby Romaine Salad		Split Pea Soup Build-Your-Own Baby Romaine Salad	•••	Split Pea Soup Assorted Fresh-Cut Fruit	•••	Lentil Soup Build-Your-Own Baby Romaine Salad
::	Hummus with Vegetables	••	Hummus with Vegetables		Hummus with Vegetables	•••	Egg Salad Tuna Salad Split Pea Soup	;;	Hummus with Vegetables
••	Garden Salad Assorted Fresh-Cut Fruit	•••	Garden Salad Assorted Fresh-Cut Fruit		Garden Salad Assorted Fresh-Cut Fruit	••	Build-Your-Own Baby Romaine Salad	••	Garden Salad Assorted Fresh-Cut Fruit
:*	Egg Salad	:-	Egg Salad		Egg Salad	:•	Hummus with Vegetables	:•	Egg Salad
:*	Tuna Salad	•	Tuna Salad		Tuna Salad	:	Garden Salad	:•	Tuna Salad
:*	Hard Boiled Egg	•	Hard Boiled Egg		Hard Boiled Egg	:•	Hard Boiled Egg	:•	Hard Boiled Egg
::	Kale Caesar Salad	•••	Israeli Salad		Kale Caesar Salad	::	Kale Caesar Salad	::	Kale Caesar Salad
••	Quinoa Bean Salad	••			Quinoa Bean Salad	••	Quinoa Bean Salad	••	Quinoa Bean Salad

Dairy F Salad bar F Gluten free F Meat Vegetarian F Parve





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•	•		Kosher Subway	•	٠	Kosher Subway

Week 05/16 05/20

	Monday	Tuesday	Wednesday	Thursday	Friday
••	Chicken Schnitzel Mashed Potatoes Brocolli	Lenny's Pizza Personal Pizza - GF & Dairy Free Roasted Vegetables	Rice with Chicken Sweet Plantains Mix veggies	Cheese Lasagna Garlic Bread Ceasar Salad Tuna Sub	Veggie Nuggets French Fries Corn
••	Chicken Noodle Soup	Lentil Soup	Split Pea Soup	Split Pea Soup Assorted Fresh-Cut	Lentil Soup
	Build-Your-Own Baby Romaine Salad	Build-Your-Own Baby Romaine Salad	Build-Your-Own Baby Romaine Salad	Fruit Egg Salad	Build-Your-Own Baby Romaine Salad
	Hummus with Vegetables	Hummus with Vegetables	Hummus with Vegetables	Tuna Salad Split Pea Soup	Hummus with Vegetables
••	Garden Salad	Garden Salad	Garden Salad	Build-Your-Own	Garden Salad
••	Assorted Fresh-Cut Fruit	Assorted Fresh-Cut Fruit	Assorted Fresh-Cut Fruit	Baby Romaine Salad	Assorted Fresh-Cut Fruit
:	Egg Salad	Egg Salad	Egg Salad	Hummus with Vegetables	Egg Salad
:	Tuna Salad	Tuna Salad	Tuna Salad	Garden Salad	Tuna Salad
:	Hard Boiled Egg	Hard Boiled Egg	Hard Boiled Egg	Hard Boiled Egg	Hard Boiled Egg
••	Kale Caesar Salad	Israeli Salad	Kale Caesar Salad	Kale Caesar Salad	Kale Caesar Salad

Dairy Salad bar Salad bar Gluten free Meat Vegetarian





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:	Quinoa Bean Salad				Quinoa Bean Salad		Quinoa Bean Salad		
	05/23 05/27								
	Monday		Tuesday		Wednesday		Thursday		Friday
	Chicken Tenders French Fries	•	Lenny's Pizza Personal Pizza - GF & Dairy Free Roasted Vegetables	•	Peppers Chicken Breast Yellow Rice High School- BBQ	•••	Mac and Cheese Garlic Bread Garlic Green Beans	•	Grilled Cheese Tater Tots Cauliflower
::	Chicken Noodle Soup Build-Your-Own Baby Romaine Salad	•••	Lentil Soup Build-Your-Own Baby Romaine Salad	::	Split Pea Soup Build-Your-Own Baby Romaine Salad	::	Minestrone Soup Build-Your-Own Baby Romaine Salad	•••	Lentil Soup Build-Your-Own Baby Romaine Salad
::	Hummus with Vegetables	::	Hummus with Vegetables	::	Hummus with Vegetables	::	Hummus with Vegetables	::	Hummus with Vegetables
••	Garden Salad	••	Garden Salad	::	Garden Salad	::	Garden Salad	::	Garden Salad
::	Assorted Fresh-Cut Fruit	::	Assorted Fresh-Cut Fruit	::	Assorted Fresh-Cut Fruit	::	Assorted Fresh-Cut Fruit	::	Assorted Fresh-Cut Fruit
•	Egg Salad	:•	Egg Salad	:•	Egg Salad	:*	Egg Salad	:•	Egg Salad
:•	Tuna Salad	:•	Tuna Salad	:•	Tuna Salad	:•	Tuna Salad	:•	Tuna Salad
:•	Hard Boiled Egg	:•	Hard Boiled Egg	:•	Hard Boiled Egg	:-	Hard Boiled Egg	:•	Hard Boiled Egg
••	Kale Caesar Salad	••	Kale Caesar Salad	••	Kale Caesar Salad	••	Kale Caesar Salad	••	Kale Caesar Salad

🛡 Dairy 🛡 Salad bar 👎 Gluten free 🜻 Meat 🛡 Vegetarian 🛡 Parve





•• • Week	Quinoa Bean Salad Kosher Subway 05/30 06/03	••	Quinoa Bean Salad Kosher Subway	••	Quinoa Bean Salad Kosher Subway	•	Quinoa Bean Salad Kosher Subway	••	Quinoa Bean Salad Kosher Subway
	Monday		Tuesday		Wednesday		Thursday		Friday
	Hamburgers and Hotdogs mbbsd French Fries	•	Lenny's Pizza Personal Pizza - GF & Dairy Free Roasted Vegetables	•	Baked BBQ Chicken Drumsticks Yellow Rice High School- BBQ	•••	Mac and Cheese Garlic Bread Garlic Green Beans	•••	Pizza Bagels Tator Tots Garlic Roasted Cauliflower
	Chicken Noodle Soup Build-Your-Own Baby Romaine Salad Hummus with Vegetables Garden Salad	•••	Lentil Soup Build-Your-Own Baby Romaine Salad Hummus with Vegetables Garden Salad	•••	Split Pea Soup Build-Your-Own Baby Romaine Salad Hummus with Vegetables Garden Salad	•••	Minestrone Soup Build-Your-Own Baby Romaine Salad Hummus with Vegetables Garden Salad	•••	Lentil Soup Build-Your-Own Baby Romaine Salad Hummus with Vegetables Garden Salad
•••	Assorted Fresh-Cut Fruit Egg Salad Tuna Salad Hard Boiled Egg	•••••••••••••••••••••••••••••••••••••••	Assorted Fresh-Cut Fruit Egg Salad Tuna Salad Hard Boiled Egg	•••	Assorted Fresh-Cut Fruit Egg Salad Tuna Salad Hard Boiled Egg	::	Assorted Fresh-Cut Fruit Egg Salad Tuna Salad Hard Boiled Egg	** ** **	Assorted Fresh-Cut Fruit Egg Salad Tuna Salad Hard Boiled Egg

Dairy Salad bar Soluten free Soluten free Vegetarian





••	Kale Caesar Salad	••	Kale Caesar Salad	• •	Kale Caesar Salad	••	Kale Caesar Salad	• •	Kale Caesar Salad
:*	Quinoa Bean Salad	:*	Quinoa Bean Salad	:-	Quinoa Bean Salad	••	Quinoa Bean Salad	:	Quinoa Bean Salad
•	Kosher Subway	•	Kosher Subway	•	Kosher Subway	٠	Kosher Subway	•	Kosher Subway

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