ECE - K: AUG-SEP 2022

Hebrew Academy RASG

August/September 2022:
4 WEEK LUNCH SCHEDULE

ALL MEALS ARE SERVED WITH A MINI WATER BOTTLE.
ALL MENUS ARE NUT FREE.

Every Wednesday - Pizza
Every Other Thursday - BBQ
Every Friday - Panini Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8		10	11	12
15	16	17	18	19
22	23 Combos • ECE Hot & Healthy CHICKEN TACOS (GF), Rice & Beans (GF), Guacamole & Pico de Gallo (GF), Cream of Corn (GF), GF Taco, Pear • ECE Hot & Healthy PULLED BEEF TACOS, Rice & Beans (GF), Guacamole & Pico de Gallo (GF), Cream of Corn (GF), GF Taco, Pear • ECE Hot & Healthy Vegetarian MEATLESS CORN, BEAN MIX (GF), Rice & Beans (GF), Guacamole & Pico de Gallo (GF), Cream of Corn (GF), GF Taco, Pear • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH	24 Combos • ECE Hot & Healthy PIZZA (GF PIZZA Available), Seasoned Baked Sweet Potato Fries (GF), Caesar Salad (GF), Cream of Butternut Squash (GF), Banana • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH	25 Combos • ECE 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 • ECE 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 • ECE Hot & Healthy Vegetarian BBQ VEGGIE BURGER (GF), Corn on the Cob (GF), Yucca Fries (GF), Chefs Chopped Salad (GF), Creamy Vegetable Soup (GF), Pretzel Bun or GF Roll, Watermelon • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH	26 Combos • ECE Hot & Healthy Panini: CAPRESE (GF Available), Cucumber & Tomatoes with Olive Oil (GF), Fattoush Salad (GF), Cream of Broccoli (GF), Orange • ECE Hot & Healthy Panini: TUNA (GF Available), Cucumber & Tomatoes with Olive Oil (GF), Fattoush Salad (GF), Cream of Broccoli (GF), Orange • ECE Hot & Healthy Panini: VEGETABLE (GF Available), Cucumber & Tomatoes with Olive Oil (GF), Fattoush Salad (GF), Cream of Broccoli (GF), Orange • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Combos • ECE Hot & Healthy CHICKEN STIR FRY WITH LO MEIN (GF), Brown Rice Vegetable Stir Fry, Asian Cabbage Slaw (GF), Creamy Carrot & Ginger (GF), Rice Cake (GF), Pineapple & Mango • ECE Hot & Healthy Vegetarian TOFU & VEGETABLE STIR FRY (GF), Brown Rice Vegetable Stir Fry, Asian Cabbage Slaw (GF), Creamy Carrot & Ginger (GF), Rice Cake (GF), Pineapple & Mango • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH	30 Combos • ECE 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 • ECE 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 • ECE Hot & Healthy Vegetarian LATIN CAULIFLOWER & BROWN RICE WITH VEGETABLES (GF), Latin Brown Rice with Medley of Vegetables (GF), Guacamole & Pico de Gallo (GF), Tortilla Tomato Soup (GF), Arepa (GF), Pear • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH	31 Combos • ECE Hot & Healthy PIZZA (GF PIZZA Available), Cheesy Lemon Roasted Broccoli (GF), Greek Salad (GF), Cream of Tomato Basil Soup (GF), Apple • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH		

ECE - K: SEPTEMBER

Hebrew Academy RASG

August/September 2022:
4 WEEK LUNCH SCHEDULE

ALL MEALS ARE SERVED WITH A MINI WATER BOTTLE.
ALL MENUS ARE NUT FREE.

Every Wednesday - Pizza
Every Other Thursday - BBQ
Every Friday - Panini Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Combos • ECE Hot & Healthy ISRAELI FALAFEL WITH HUMMUS & TEHINA, Seasoned Roasted Potatoes (GF), Chopped Israeli Salad with Red Cabbage (GF), Zuchinni Cilantro Soup (GF), Pita or GF Roll, Banana • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH	2 Combos • ECE Hot & Healthy Panini: CAPRESE (GF Available), Roasted Zucchini & Squash (GF), Chopped Chickpea Salad (GF), Cream of Butternut Squash (GF), Orange • ECE Hot & Healthy Panini: TUNA (GF Available), Roasted Zucchini & Squash (GF), Chopped Chickpea Salad (GF), Cream of Butternut Squash (GF), Orange • ECE Hot & Healthy Panini: VEGETABLE (GF Available), Roasted Zucchini & Squash (GF), Chopped Chickpea Salad (GF), Cream of Butternut Squash (GF), Orange • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Labor Day	6 Combos • ECE 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 • ECE Hot & Healthy SALMON TERIYAKI (GF), Teriyaki Noodles Teriyaki Stir Fry Vegetables (GF), Asian Salad with Sesame Ginger Dressing (GF), Thai Chicken Soup (GF), Rice Cake (GF), Orange • ECE Hot & Healthy Vegetarian TERIYAKI STIR FRY VEGETABLES (GF), Teriyaki Noodles Teriyaki Stir Fry Vegetables (GF), Asian Salad with Sesame Ginger Dressing (GF), Thai Chicken Soup (GF), Rice Cake (GF), Orange • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH	7 Combos • ECE Hot & Healthy PIZZA (GF PIZZA Available), Seasoned Baked Sweet Potato Fries (GF), Caesar Salad (GF), Zucchini Tomato Soup (GF), Banana • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH	8 Combos • ECE Hot & Healthy BBQ DAY BEEF BURGERS (GF), Veggie Medley with Quinoa (GF), Chopped Israeli Salad (GF), Creamy Chicken Ramen Soup (GF), Whole Wheat Burger Buns, Watermelon • ECE Hot & Healthy BBQ DAY CHICKEN BURGERS (GF), Veggie Medley with Quinoa (GF), Chopped Israeli Salad (GF), Creamy Chicken Ramen Soup (GF), Whole Wheat Burger Buns, Watermelon • ECE Hot & Healthy Vegetarian MEATLESS BURGERS (GF), Veggie Medley with Quinoa (GF), Chopped Israeli Salad (GF), Creamy Chicken Ramen Soup (GF), Whole Wheat Burger Buns, Watermelon • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH	9 Combos • ECE Hot & Healthy Panini: CAPRESE (GF Available), Garlic Brussel Sprouts (GF), Garden Salad (GF), Cream of Tomato (GF), Apple • ECE Hot & Healthy Panini: TUNA (GF Available), Garlic Brussel Sprouts (GF), Garden Salad (GF), Cream of Tomato (GF), Apple • ECE Hot & Healthy Panini: VEGETABLE (GF Available), Garlic Brussel Sprouts (GF), Garden Salad (GF), Cream of Tomato (GF), Apple • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 Combos • ECE Hot & Healthy BROCCOLI CAULIFLOWER CHEESE SOUFFLE (GF), Quinoa (GF), Iceberg Lettuce with Bruchetta (GF), Cream of Cauliflower Leek Soup (GF), Slice of Garlic Bread or GF Roll, Apple • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH	13 Combos • ECE Hot & Healthy ARROZ CON POLLO (GF), Sweet Plantains (GF), Guacamole & Pico de Gallo (GF), Chicken Vegetable Soup (GF), Tortilla (GF), Banana • ECE Hot & Healthy Vegetarian MEATLESS CHILE (GF), Sweet Plantains (GF), Guacamole & Pico de Gallo (GF), Chicken Vegetable Soup (GF), Tortilla (GF), Banana • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH	14 Combos • ECE Hot & Healthy PIZZA (GF PIZZA Available), Cheesy Garlic Roasted Broccoli (GF), Greek Salad (GF), White Bean Soup (GF), Pineapple • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH	15 Combos • ECE Hot & Healthy CHIMICHURRI CHICKEN BREAST, Wild Rice (GF), Tomato, Cucumber Salad (GF), French Onion Soup (GF), Slice Focaccio or GF Roll, Pear • ECE Hot & Healthy CHIMICHURRI SALMON (GF), Wild Rice (GF), Tomato, Cucumber Salad (GF), French Onion Soup (GF), Slice Focaccio or GF Roll, Pear • ECE Hot & Healthy Vegetarian CHIMICHURRI CAULIFLOWER WITH WILD RICE (GF), Wild Rice (GF), Tomato, Cucumber Salad (GF), French Onion Soup (GF), Slice Focaccio or GF Roll, Pear • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH	16 Combos • ECE Hot & Healthy Panini: CAPRESE (GF Available), Roasted Zucchini & Squash (GF), Veggie Slaw (GF), Tomato & Basil Soup (GF), Orange • ECE Hot & Healthy Panini: TUNA (GF Available), Roasted Zucchini & Squash (GF), Veggie Slaw (GF), Tomato & Basil Soup (GF), Orange • ECE Hot & Healthy Panini: VEGETABLE (GF Available), Roasted Zucchini & Squash (GF), Veggie Slaw (GF), Tomato & Basil Soup (GF), Orange • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 Combos • ECE Hot & Healthy SHAWARMA CHICKEN, Israeli Quinoa (GF), Chopped Israeli Salad (GF), Split Pea Soup (GF), Pita or GF Roll, 2 Mandarins • ECE Hot & Healthy SHAWARMA FISH (GF), Israeli Quinoa (GF), Chopped Israeli Salad (GF), Split Pea Soup (GF), Pita or GF Roll, 2 Mandarins • ECE Hot & Healthy Vegetarian SHAWARMA CAULIFLOWER WITH VEGETABLE MEDLEY (GF), Israeli Quinoa (GF), Chopped Israeli Salad (GF), Split Pea Soup (GF), Pita or GF Roll, 2 Mandarins • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH	20 Combos • ECE Hot & Healthy CHICKEN TACOS (GF), Rice & Beans (GF), Guacamole & Pico de Gallo (GF), Cream of Corn (GF), GF Taco, Pear • ECE Hot & Healthy PULLED BEEF TACOS, Rice & Beans (GF), Guacamole & Pico de Gallo (GF), Cream of Corn (GF), GF Taco, Pear • ECE Hot & Healthy Vegetarian MEATLESS CORN, BEAN MIX (GF), Rice & Beans (GF), Guacamole & Pico de Gallo (GF), Cream of Corn (GF), GF Taco, Pear • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH	21 Combos • ECE Hot & Healthy PIZZA (GF PIZZA Available), Seasoned Baked Sweet Potato Fries (GF), Caesar Salad (GF), Cream of Butternut Squash (GF), Banana • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH	22 Combos • ECE 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 • ECE 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 • ECE Hot & Healthy Vegetarian BBQ VEGGIE BURGER (GF), Corn on the Cob (GF), Yucca Fries (GF), Chefs Chopped Salad (GF), Creamy Vegetable Soup (GF), Pretzel Bun or GF Roll, Watermelon • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH	23 Combos • ECE Hot & Healthy Panini: CAPRESE (GF Available), Cucumber & Tomatoes with Olive Oil (GF), Fattoush Salad (GF), Cream of Broccoli (GF), Orange • ECE Hot & Healthy Panini: TUNA (GF Available), Cucumber & Tomatoes with Olive Oil (GF), Fattoush Salad (GF), Cream of Broccoli (GF), Orange • ECE Hot & Healthy Panini: VEGETABLE (GF Available), Cucumber & Tomatoes with Olive Oil (GF), Fattoush Salad (GF), Cream of Broccoli (GF), Orange • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 No School - Rosh Hashanah	27 No School - Rosh Hashanah	28 Noon Dismissal - Fast of Gedalia	29 Combos • ECE Hot & Healthy ISRAELI FALAFEL WITH HUMMUS & TEHINA, Seasoned Roasted Potatoes (GF), Chopped Israeli Salad with Red Cabbage (GF), Zuchinni Cilantro Soup (GF), Pita or GF Roll, Banana • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH	30 Combos • ECE Hot & Healthy Panini: CAPRESE (GF Available), Roasted Zucchini & Squash (GF), Chopped Chickpea Salad (GF), Cream of Butternut Squash (GF), Orange • ECE Hot & Healthy Panini: TUNA (GF Available), Roasted Zucchini & Squash (GF), Chopped Chickpea Salad (GF), Cream of Butternut Squash (GF), Orange • ECE Hot & Healthy Panini: VEGETABLE (GF Available), Roasted Zucchini & Squash (GF), Chopped Chickpea Salad (GF), Cream of Butternut Squash (GF), Orange • ECE Sandwiches EGG SANDWICH • ECE Sandwiches TUNA SANDWICH • ECE Sandwiches TURKEY SANDWICH