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| October | 2019 |



**Mt. Sinai Junior Academy~2019 Lunch Menu**

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 30 | 1 | 2 | 3 | 4 |
| Potato Casserole, Parmesan Cheese Peas and Carrots, Juice or Milk | Bean Burritos, Rice, Salad, Juice or Milk | Hotdog, Baked Beans, Salad, Juice or Milk | Spaghetti, Grillers, Garlic Bread, Salad, Juice or Milk | Pizza and Fries, Fruit Cups, Juice or Milk |
| 7 | 8 | 9 | 10 | 11 |
| Vege Lasagna, Salad, Juice or Milk | Macaroni & Cheese, Veggie Meat, Salad, Juice or Milk | Hamburger, Salad, Fruit Cup, Juice or Milk | Mashed Potatoes, Swiss Steak, Vegetables, Juice or Milk | Pizza and Fries, Fruit Cups, Juice or Milk |
| 14 | 15 | 16 | 17 | 18 |
| Tuno Casserole  Noodles, Fruit Salad, Juice or Milk | Veggie Meat, Rice, Mixed Vegetables, Fruit, Juice or Milk | Grilled Cheese and Chips, Fruit Cup, Juice or Milk | Veggie Meat and Noodles, Garlic Bread, Tossed Salad, Juice or Milk | Pizza and Fries, Fruit Cups, Juice or Milk |
| 21 | 22 | 23 | 24 | 25 |
| Chicken Nuggets, Rice and Gravy, Salad, Juice or Milk | Tacos, Salad, Fruit, Juice or Milk | Baked Ziti, Garlic Bread, Veggie Medley, Salad, Juice or Milk | Meatballs, Black Rice Salad, Juice or Milk | Pizza and Fries, Fruit Cups, Juice or Milk |
| 28 | 29 | 30 | 31 | 1 |
| Veggie-Chunks, and Rice, Fruit, Salad, Juice or Milk | Chicken Alfredo Pasta, Salad, Juice or Milk | Hamburger and Fries, Fruit Cup, Juice or Milk | Shepherd’s Pie, Salad and Fruit, Juice or Milk | Pizza and Fries, Fruit Cups, Juice or Milk |
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# Notes:

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|  | |
| November | | 2019 | |



**Mt. Sinai Junior Academy~2019 Lunch Menu**



**Mt. Sinai Junior Academy~2019 Lunch Menu**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 28 | 29 | 30 | 31 | 1 |
| Veggie-Chunks, and Rice, Fruit, Salad, Juice or Milk | Chicken Alfredo Pasta, Salad, Juice or Milk | Hamburger and Fries, Fruit Cup, Juice or Milk | Shepherd’s Pie, Salad and Fruit, Juice or Milk | Pizza and Fries, Fruit Cups, Juice or Milk |
| 4 | 5 | 6 | 7 | 8 |
| Potato Casserole, Parmesan Cheese Peas and Carrots, Juice or Milk | Bean Burritos, Rice, Salad, Juice or Milk | Hotdog, Baked Beans, Salad, Juice or Milk | Spaghetti, Grillers, Garlic Bread, Salad, Juice or Milk | Pizza and Fries, Fruit Cups, Juice or Milk |
| 11 | 12 | 13 | 14 | 15 |
| Vege Lasagna, Salad, Juice or Milk | Macaroni & Cheese, Veggie Meat, Salad, Juice or Milk | Hamburger, Salad, Fruit Cup, Juice or Milk | Mashed Potatoes, Swiss Steak, Vegetables, Juice or Milk | Pizza and Fries, Fruit Cups, Juice or Milk |
| 18 | 19 | 20 | 21 | 22 |
| Tuno Casserole  Noodles, Fruit Salad, Juice or Milk | Veggie Meat, Rice, Mixed Vegetables, Fruit, Juice or Milk | Grilled Cheese and Chips, Fruit Cup, Juice or Milk | Veggie Meat and Noodles, Garlic Bread, Tossed Salad, Juice or Milk | Pizza and Fries, Fruit Cups, Juice or Milk |
| 25 | 26 | 27 | 28 | 29 |
| Chicken Nuggets, Rice and Gravy, Salad, Juice or Milk | Tacos, Salad, Fruit, Juice or Milk | Baked Ziti, Garlic Bread, Veggie Medley, Salad, Juice or Milk | Meatballs, Black Rice Salad, Juice or Milk | Pizza and Fries, Fruit Cups, Juice or Milk |
| 2 | 3 | 4 | 5 | 6 |
| Veggie-Chunks, and Rice, Fruit, Salad, Juice or Milk | Chicken Alfredo Pasta, Salad, Juice or Milk | Hamburger and Fries, Fruit Cup, Juice or Milk | Shepherd’s Pie, Salad and Fruit, Juice or Milk | Pizza and Fries, Fruit Cups, Juice or Milk |

# Notes:

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|  | |
| December | | 2019 | |

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 25 | 26 | 27 | 28 | 29 |
| Chicken Nuggets, Rice and Gravy, Salad, Juice or Milk | Tacos, Salad, Fruit, Juice or Milk | Baked Ziti, Garlic Bread, Veggie Medley, Salad, Juice or Milk | Meatballs, Black Rice Salad, Juice or Milk | Pizza and Fries, Fruit Cups, Juice or Milk |
| 2 | 3 | 4 | 5 | 6 |
| Veggie-Chunks, and Rice, Fruit, Salad, Juice or Milk | Chicken Alfredo Pasta, Salad, Juice or Milk | Hamburger and Fries, Fruit Cup, Juice or Milk | Shepherd’s Pie, Salad and Fruit, Juice or Milk | Pizza and Fries, Fruit Cups, Juice or Milk |
| 9 | 10 | 11 | 12 | 13 |
| Potato Casserole, Parmesan Cheese Peas and Carrots, Juice or Milk | Bean Burritos, Rice, Salad, Juice or Milk | Hotdog, Baked Beans, Salad, Juice or Milk | Spaghetti, Grillers, Garlic Bread, Salad, Juice or Milk | Pizza and Fries, Fruit Cups, Juice or Milk |
| 16 | 17 | 18 | 19 | 20 |
| Vege Lasagna, Salad, Juice or Milk | Macaroni & Cheese, Veggie Meat, Salad, Juice or Milk | Hamburger, Salad, Fruit Cup, Juice or Milk | Mashed Potatoes, Swiss Steak, Vegetables, Juice or Milk | Pizza and Fries, Fruit Cups, Juice or Milk |
| 23 | 24 | 25 | 26 | 27 |
| **Christmas**  **Break!** | **Christmas**  **Break!** | **Christmas**  **Break!** | **Christmas**  **Break!** | **Christmas**  **Break!** |
| 30 | 31 | 1 | 2 | 3 |
| **Christmas**  **Break!** | **Christmas**  **Break!** | **Christmas**  **Break!** | **Christmas**  **Break!** | **Christmas**  **Break!** |

# Notes: