



POLITZ HEBREW ACADEMY

11/01/2023 - 11/30/2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
Breakfast			Yogurt, Fruit Cup, Milk	Frosted Flakes Cereal (WG) X 2, Pears, Milk	Cinn Flakes Cereal (WG) X 2, Mandarin, Milk
Lunch			Pizza Bagels x 2 (WG), Sliced Cheese, Snack Carrots/Hummus, Banana, Milk	Cheese Blintz (2), String Cheese, Snack Carrots, Strawberry Apple Sauce, Milk	Pizza Stick (WG), String Cheese, Snack Carrots/Hummus, Apple Wedges, Milk
	6	7		9	10
Breakfast	Vanilla Croissant (WG) X 2, Mandarin, Milk	Cinnamon Danish (WG), Orange, Milk	Yogurt, Fruit Cup, Milk	Frosted Flakes Cereal (WG) X 2, Pears, Milk	Cinn Flakes Cereal (WG) X 2, Mandarin, Milk
Lunch	NO LUNCH	Cheese Ravioli, Sliced Cheese, Cherry Tomatoes/Dressing, Apple, Milk	Pizza Bagels x 2 (WG), Sliced Cheese, Snack Carrots/Hummus, Banana, Milk	Fish Sticks, Pasta (WG), Romaine Lettuce/Dressing, Strawberry Apple Sauce, Milk	Pizza Stick (WG), String Cheese, Snack Carrots/Hummus, Apple Wedges, Milk
	13	14	15	16	17
Breakfast	Vanilla Croissant (WG) X 2, Mandarin, Milk	Cinnamon Danish (WG), Orange, Milk	Yogurt, Fruit Cup, Milk	Frosted Flakes Cereal (WG) X 2, Pears, Milk	Cinn Flakes Cereal (WG) X 2, Mandarin, Milk
Lunch	Mac & Cheese, Sliced Cheese, Romaine Lettuce/Dressing, Pineapples, Milk	Baked Ziti, Sliced Cheese, Cherry Tomatoes, Apple, Milk	Pizza Bagels x 2 (WG), Sliced Cheese, Snack Carrots/Hummus, Banana, Milk	Cheese Blintz (2), String Cheese, Snack Carrots, Strawberry Apple Sauce, Milk	Pizza Stick (WG), String Cheese, Snack Carrots/Hummus, Apple Wedges, Milk
	20	21	22	23	24
Breakfast	Vanilla Croissant (WG) X 2, Mandarin, Milk	Cinnamon Danish (WG), Orange, Milk	Yogurt, Fruit Cup, Milk		
Lunch	Mac & Cheese, Sliced Cheese, Corn Cups, Pineapples, Milk	Cheese Ravioli, Sliced Cheese, Cherry Tomatoes/Dressing, Apple, Milk	Pizza Bagels x 2 (WG), Sliced Cheese, Snack Carrots/Hummus, Banana, Milk	CLOSED	CLOSED
	27	28	29	30	
Breakfast	Vanilla Croissant (WG) X 2, Mandarin, Milk	Cinnamon Danish (WG), Orange, Milk	Yogurt, Fruit Cup, Milk	Frosted Flakes Cereal (WG) X 2, Pears, Milk	
Lunch	Mac & Cheese, Sliced Cheese, Corn Cups, Pineapples, Milk	Baked Ziti, Sliced Cheese, Cherry Tomatoes, Apple, Milk	Pizza Bagels x 2 (WG), Sliced Cheese, Snack Carrots/Hummus, Banana, Milk	Fish Sticks, Pasta (WG), Romaine Lettuce/Dressing, Strawberry Apple Sauce, Milk	

Site Name: _____ Signature: _____



MEAL PATTERNS



Breakfast

Serve Milk, Grains*, Vegetables or Fruit

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup whole milk	3/4 cup 1% milk	1 cup 1 % milk	1 cup 1 % milk
Vegetables, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains*	1/2 serving 1/2 oz eq	1/2 serving 1/2 oz eq	1 serving 1 oz eq	2 servings 2 oz eq

**Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.*

Lunch

WE SERVE FAT FREE CHOCOLATE MILK & 1% WHITE MILK

COMPONENT	K-GRADE 5TH	GRADE 6TH-8TH	GRADE 9TH-12TH	GRADE K-8TH
<u>MILK</u>	1 CUP	1 CUP	1 CUP	1 CUP
<u>VEGETABLES</u>	3/4 CUP	3/4 CUP	1 CUP	3/4 CUP
<u>FRUIT</u>	1/2 CUP	1/2 CUP	1 CUP	1/2 CUP
<u>MEAT/MEAT ALTERNATES</u>	1 OZ	1 OZ	2 OZ	1 OZ
<u>GRAINS</u>	1 OZ	1 OZ	2 OZ	1 OZ

**oz eq = ounce equivalents*