

August 2010

Snack & Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 S – lemon raspberry Cup cakes L – waffle sandwiches, fresh fruit, deviled eggs	3 S – yogurt & fresh fruit L – pita pizza, fresh veggies/Ranch dressing	4 S – crackers & fresh fruit L – Tofu nuggets, fresh veggies/Ranch dressing, rice balls	5 S – blueberry oatmeal bars L – macaroni & cheese, fresh fruit	6 S – Shabbat fresh Fruit kabobs L – quesadillas, fresh veggies, salsa/chips	7
8	9 S – yellow cake muffins L – spaghetti pie, fresh veggies/Ranch	10 S – veggie faces L – pink pancakes, fresh fruit	11 S – Waldorf fruit salad L – grilled cheese, fresh veggies/ Ranch dressing	12 S – frozen yogurt pops L – lasagna, fresh fruit, Greek dip/ crackers	13 S – Shabbat apple cookies L – buttered noodles, fresh fruit	14
15	16 S – shape kabobs L – scrambled eggs, fresh veggies/ Ranch dressing	17 S – brownies L – French toast, fresh fruit, deviled eggs	18 S – fresh fruit smoothies L – blueberry muffins, non-fat yogurt fresh veggies	19 S – doughnuts L – tortilla “cigars”, Fresh veggies/ Ranch dressing	20 S – Shabbat carrot muffins L – vegetable soup, couscous fresh fruit	21
22	23 S – lemon raspberry Cup cakes L – waffle sandwiches, fresh fruit, deviled eggs	24 S – yogurt & fresh fruit L – pita pizza, fresh veggies/Ranch dressing	25 S – crackers & fresh fruit L – Tofu nuggets, fresh veggies/Ranch dressing, rice balls	26 S – chocolate chip cookies L – macaroni & cheese, fresh fruit	27 S – bugs on a celery log L – quesadillas, fresh veggies, salsa/chips	28
29	30	31				

- **See attached for ingredients**
- **See attached for ingredients**