



POLITZ HEBREW ACADEMY

09/01/2023 - 09/30/2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	AUG.28	29	30 - FIRST DAY	31	SEP.1
Breakfast			Yogurt, Fruit Cup, Milk	Frosted Flakes Cereal (WG) X 2, Pears, Milk	Cinn Flakes Cereal (WG) X 2, Mandarin, Milk
Lunch			Fish Sticks, Pasta (WG), Cherry Tomatoes, Pineapples, Milk	Mac & Cheese, Sliced Cheese, Romaine Lettuce/Dressing, Apple Sauce, Milk	Pizza Bagel WG (2), Sliced Cheese, Tomatoes/Carrots, Apple, Milk
	4	5	6	7	8
Breakfast		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	CLOSED	Cheese Ravioli, Sliced Cheese, Romaine Lettuce/Dressing, Apple Wedges, Milk	Pizza Bagels x 2 (WG), Sliced Cheese, Snack Carrots/Hummus, Pineapples, Milk	Cheese Blintz (2), String Cheese, Snack Carrots, Apple Sauce, Milk	Fish Sticks, Pasta (WG), Tomatoes, Apple, Milk
	11	12	13	14	15
Breakfast	Vanilla Croissant (WG) X 2, Apple, Milk	Cinnamon Danish (WG), Orange, Milk	Yogurt, Fruit Cup, Milk	Frosted Flakes Cereal (WG) X 2, Pears, Milk	
Lunch	Mac & Cheese, Sliced Cheese, Romaine Lettuce/Dressing, Plums, Milk	Fish Sticks, Pasta (WG), Cherry Tomatoes, Apple Wedges, Milk	Pizza Bagels x 2 (WG), Sliced Cheese, Snack Carrots/Hummus, Pineapples, Milk	Pizza Stick (WG), String Cheese, Snack Carrots/Hummus, Apple Sauce, Milk	CLOSED
	18	19	20	21	22
Breakfast	Vanilla Croissant (WG) X 2, Apple, 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, Corn Cups, Plums, Milk	Baked Ziti, Sliced Cheese, Tomatoes, Apple Wedges, Milk	Pizza Bagels x 2 (WG), Sliced Cheese, Snack Carrots/Hummus, Pineapples, Milk	Fish Sticks, Pasta (WG), Romaine Lettuce/Dressing, Apple Wedges, Milk	Baked Ziti, Sliced Cheese, Corn Cups, Apple, Milk
	25	26	27	28	29
Breakfast		Cinnamon Danish (WG), Orange, Milk	Yogurt, Fruit Cup, Milk		
Lunch	CLOSED	Baked Ziti, Sliced Cheese, Romaine Lettuce/Dressing, Apple Wedges, Milk	Fish Sticks, Pasta (WG), Cherry Tomatoes, Pineapples, Milk	CLOSED	CLOSED

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*