

Downtown Jewish
OCTOBER 2022

October 3 -Meat Burger/ Wheat Bun -Sweet potatoes -Tomatoes & pickle -Fruit	October 4 NO SCHOOL	October 5 NO SCHOOL	October 6 -Grill Chicken -Couscous -Corn -Fruit	October 7 Whole Wheat pizza Sliced Tomato & cucumber Fruit and cookie
October 10 NO SCHOOL	October 11 NO SCHOOL	October 12 -Meat Love -Primavera Brown Rice -Garbanzo -Fruit	October 13 -Cheese Quesadillas -White rice -Black Beans -Fruit	October 14 Whole Wheat pizza Sliced Tomato & cucumber Fruit and cookie
October 17 NO SCHOOL	October 18 NO SCHOOL	October 19 -Wheat Pasta with zucchinis, spinach and cherry tomatoes. -Sauteed chickpeas. -Garlic Bread -Fruit	October 20 -Chicken sautéed with Vegetables -Homemade Mashed Potatoes -Garden salad Fruit	October 21 Whole Wheat pizza Sliced Tomato & cucumber Fruit and cookie
October 24 -Mac and Cheese -Garlic bread -Zucchinis -Fruit	October 25 -Arroz con Pollo -Sweet Plantains -Cole slow -Fruit	October 26 -Baked Ziti -W/wheat roll -Quinoa Salad -Fruit	October 27 -Meatballs with Tomatoes sauce -Spaghetitis -Green Beans -Fruit	October 28 Whole Wheat pizza Sliced Tomato & cucumber Fruit and cookie
October 31 -Wheat Pasta with zucchinis, spinach and cherry tomatoes. -Sauteed chickpeas. -Garlic Bread -Fruit				