

SEPTEMBER | 2022



YOC Sunday Lunch:
Pizza & French Fries

Hebrew Academy of Cleveland – Oakwood

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 YOC ONLY Deli Sandwiches Pickles	30 YOC ONLY Pizza Bagels Soup	31 YOC ONLY Hamburgers French Fries	1 Mac n Cheese Carrots	2 Waffles Scrambled Eggs
5 YOC ONLY Chicken Nuggets Rice Broccoli	6 Toasted Cheese Soup	7 Deli Sandwiches Pickles	8 Salmon Fish Sticks Soup	9 Bagels Cream Cheese Tuna/Yogurt
12 Meatballs Spaghetti Peas	13 Baked Ziti Carrots	14 Hot Dogs/Pickles Chicken Nuggets/ Rice (Preschool) Corn	15 Pizza Bagels Soup	16 Potatoes Scrambled Eggs
19 Schnitzel Rice Broccoli	20 Salmon Fish Sticks Soup	21 Hamburgers Pickles Corn	22 Pasta w/ Sauce Cheese Slices Carrots	23 Bagels Cream Cheese Tuna/Yogurt
26 ROSH HASHANA NO SCHOOL	27 ROSH HASHANA NO SCHOOL	28 FAST DAY Bagels Cream Cheese Tuna/Yogurt	29 Toasted Cheese Soup	30 Waffles Scrambled Eggs

News

August 31 – 1st Day of School
 *Early Childhood Orientation
 *K-6 – Noon Dismissal
 *Jr. High Boys 12:30pm Dismissal
 *Yavne Staggered Dismissal

September 1 – 1st Full Day of School
 *1st Day Early Childhood

September 5 – LABOR DAY
 Boys Divisions Only
 *Grades 1-4 starts 9:00am
 *Grades 5-6 Minyan 7:45am
 *Jr. High Boys M'Dor L'Dor 7:50am
 *Grades 1-6 Dismissal 12:00pm
 *Jr. High Boys Dismissal 12:30pm

September 25 –
 Erev Rosh Hashana - NO SCHOOL

September 26-27 –
 Rosh HaShana – NO SCHOOL

September 28 – Tzom Gedalya
 School Resumes 9:00am
 *Minyanim 8:30am
 *Early Childhood Dismissal 1:40
 *K-6 Dismissal 2:00pm
 *Jr. High Boys Dismissal 2:15pm
 *Yavne Dismissal 2:05pm

Did you know?

Milk is good for your bones and teeth.
 Drinking milk is a great way to get Calcium, the mineral important for building strong bones. The Calcium in milk is also good for building strong teeth. Bones and teeth look similar, but teeth aren't made of bone. However, teeth do rely on calcium the same way bones do.

All lunches will include ½ - ¾ cup of vegetable, ½ cup of fruit, 2 oz of meat or meat alternative and 1 oz eq. grain. 8 oz of milk will be served on all dairy lunch days. Due to religious purposes, juice will be served on meat days.
 A salad bar, containing fresh vegetables, will be available daily.