



MAY | 2023

Hebrew Academy of Cleveland – Oakwood

YOC Sunday Lunch:

Pizza
French Fries
Carrots/Fruit
Milk

News

May 9:
Lag Ba'Omer

May 25:
Erev Shavuos
Boys Divisions Only
See calendar for times

May 26:
Shavuos – No School

May 29:
Memorial Day
Boys Divisions Only
See calendar for times

Did you know?

Corn!

- In the U.S., we consider corn a vegetable, but in many parts of the world, it's considered a grain
- On average, an ear of corn has 800 kernels and 16 rows
- An ear of corn will always have an even number of rows!
- Corn contains Fiber, Potassium, Vitamin C, Vitamin A, protein and carbohydrates for energy
- One acre of corn removes about 8 tons of carbon dioxide from the air in one growing season

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.

MONDAY

1	Meatballs Spaghetti Peas Fruit Juice*
8	Chicken Nuggets Mashed Potatoes Carrots Fruit Juice*
15	Sloppy Joe WG Corn Tacos Potato Knish Peas Fruit/Juice*
22	Hot Dogs WG Bun Corn/Pickle Fruit Juice*
29	MEMORIAL DAY BOYS DIVISIONS ONLY YOC/JR. HIGH LUNCH Shnitzel Potato Knishes Fruit Juice*

TUESDAY

2	WG Pizza Roll Ups Split Pea Soup Fruit Milk
9	LAG BA'OMER Mac n Cheese Green Beans Fruit Milk
16	Pasta w/ Sauce Cheese Slices Carrots Fruit Milk
23	Baked Ziti Peas Fruit Milk
30	Pizza Roll Ups Vegetable Soup Fruit Milk

WEDNESDAY

3	Roasted Chicken WG Rice Broccoli Fruit Juice*
10	Beef Burger WG Bun Corn/Pickle Fruit Juice*
17	Breaded Chicken WG Rice Broccoli Fruit Juice*
24	Shnitzel WG Rice Broccoli Fruit Juice*
31	Deli Meat WG Rye Bread Corn/Pickle Fruit Juice*

THURSDAY

4	WG Toasted Cheese Vegetable Soup Fruit Milk
11	WG Fish Sticks Salmon / WG Bread Cole Slaw Vegetable Soup Fruit/Milk
18	WG Pizza Bagels Vegetable Soup Fruit Milk
25	EREV SHAVUOS BOYS DIVISIONS ONLY NO LUNCH
1	WG Toasted Cheese Vegetable Soup Fruit Milk

FRIDAY

5	Potatoes Scrambled Eggs WG Bread Fruit Milk
12	WG Bagels Tuna/Yogurt Israeli Salad Fruit Milk
19	Blintzes Scrambled Eggs Chickpea Salad Fruit Milk
26	SHAVUOS NO SCHOOL
2	WG Bagels Tuna/Yogurt Israeli Salad Fruit Milk