

YOC Sunday Lunch:

Pizza
French Fries
Carrots/Fruit
Milk

OCTOBER | 2022

Hebrew Academy of Cleveland – Oakwood



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Deli Sandwich Corn/Pickles Fruit Juice*	4 EREV YOM KIPPUR NO SCHOOL	5 YOM KIPPUR NO SCHOOL	6 SUKKOS VACATION NO SCHOOL	7 SUKKOS VACATION NO SCHOOL
10 SUKKOS VACATION NO SCHOOL	11 SUKKOS VACATION NO SCHOOL	12 SUKKOS VACATION NO SCHOOL	13 SUKKOS VACATION NO SCHOOL	14 SUKKOS VACATION NO SCHOOL
17 SUKKOS VACATION NO SCHOOL	18 SUKKOS VACATION NO SCHOOL	19 SUKKOS VACATION NO SCHOOL	20 Pasta w/ Sauce Cheese Slices Green Beans Fruit Milk	21 Bagels Cream Cheese Tuna/Yogurt Israeli Salad Fruit Milk
24 Meatballs Spaghetti Peas Fruit Juice*	25 <i>ROSH CHODESH</i> Pizza Potato Chips Fruit Milk	26 <i>ROSH CHODESH</i> Chili Rice/Corn Fruit Juice*	27 Salmon Fish Sticks Soup Fruit Milk	28 Waffles Scrambled Eggs Chickpea Salad Fruit Milk
31 Hot Dogs & Buns (Boys) Chicken Nuggets (Preschool) Baked Beans Fruit/Juice*	1 YOC ONLY Pizza Bagels Soup Fruit Milk	2 Deli Sandwich Corn/Pickle Fruit Juice*	3 Toasted Cheese Vegetable Soup Fruit Milk	4 Bagels Cream Cheese Tuna/Yogurt Israeli Salad Fruit Milk

News

October 4-19 –
VACATION

November 1 –
Professional Day
10:30am
School-wide Dismissal

Did you know?

Food gives us energy and vitamins or minerals help us grow.

Vitamins and minerals form the building blocks our bodies need for us to grow. Even though vitamins and minerals aren't food, they are extremely important nutritional elements in the foods we eat. The more nutritious foods we eat, the more vitamins and minerals our bodies are able to get.

All lunches will include ½ - 1 cup of vegetable, ½ - 1 cup of fruit, 1-2 oz of meat or meat alternative and 1-2 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.