

YOC Sunday Lunch:

Pizza
French Fries
Carrots/Fruit
Milk

NOVEMBER | 2023



Hebrew Academy of Cleveland – Oakwood Campus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 Breaded Chicken WG Rice Green Beans Fruit Juice*	2 WG Pizza Bagels Soup Fruit Milk	3 WG Waffles Scrambled Eggs Bean Salad Fruit Milk
6 Meatballs Spaghetti Peas Fruit Juice*	7 Garlic Pizza Twist Soup Fruit Milk	8 Assorted Deli WG Rye Bread Pickles Fruit Juice*	9 WG Fish Sticks Flounder/WG Bread Cole Slaw Vegetable Soup Fruit/Milk	10 WG Bagel Cream Cheese Tuna/Yogurt Israeli Salad Fruit/Milk
13 Schnitzel WG Rice Peas Fruit/Juice*	14 ROSH CHODESH WG Pizza Carrots Potato Chips Fruit/Milk	15 Hamburger WG Bun Corn Fruit/Juice*	16 WG Toasted Cheese Vegetable Soup Fruit Milk	17 Potatoes Scrambled Eggs WG Bread Fruit Milk
20 Sloppy Joe WG Corn Tacos Potato Knish Peas Fruit/Juice*	21 Pasta w/ Sauce Cheese Slices Green Beans Fruit Milk	22 Roasted Chicken WG Rice Green Beans Fruit Juice*	23 YOC & JR. HIGH WG Pizza Roll Ups Soup Fruit Milk	24 YOC ONLY WG Bagel CC/Tuna/Yogurt Israeli Salad Fruit/Milk
27 Hot Dogs & Buns (Boys) Chicken Nuggets (Preschool) Baked Beans Fruit/Juice*	28 Mac n Cheese Carrots Fruit Milk	29 Assorted Deli WG Rye Bread Pickles Fruit Juice*	30 WG Pizza Bagels Soup Fruit Milk	1 WG Waffles Scrambled Eggs Bean Salad Fruit Milk

News

Thursday, November 23:

Boys Divisions Only

- Grades 1-4 School Starts 9:00 AM
- Grades 5-6 Minyan 7:45 AM
- Jr. High Boys M'Dor L'Dor 7:50 AM
- Grades 1-6 Dismissal 12:00 PM
- Jr. High Boys Dismissal 2:10 PM

Friday, November 24:

- Early Childhood Dismissal 11:45 AM
- Kindergarten Dismissal 12:00 PM
- Grades 1-6 Dismissal 12:00 PM
- Jr. High Boys Dismissal 12:30 PM
- Yavne Dismissal 12:00 PM

Did you know?

Protein!

- Proteins are important nutrients that help build and repair the body's tissues and muscles. They are also important for maintaining healthy skin, hair, and nails. Proteins are essential for the production of enzymes, hormones, and other molecules that regulate many of the body's functions.
- Proteins are found in many different foods, including meat, fish, eggs, beans, and nuts.
- Children and teens need more protein per pound of body weight than adults do, and should make sure to include protein-rich foods in their diet.

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.

This Institution is an equal opportunity provider.