

YOC Sunday Lunch:

WG Pizza
French Fries
Fruit/Milk

SEPTEMBER | 2024



Hebrew Academy of Cleveland – Oakwood Campus

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 LABOR DAY</p> 	<p>3 ROSH CHODESH</p>	<p>4 ROSH CHODESH 1st Day of School YOC LUNCH ONLY Beef Burger & WG Bun French Fries Fruit/Juice*</p>	<p>5 WG Grilled Cheese Hearty Vegetable Soup Fresh Fruit Milk</p>	<p>6 WG Waffles Scrambled Eggs Chickpea Salad Fruit Cup Milk</p>
<p>9 Chicken Nuggets WG Rice Seasoned Peas Fruit/Juice*</p>	<p>10 WG Pizza Bagels Spit Pea Soup Fresh Fruit Milk</p>	<p>11 Assorted Deli WG Rye Bread Pickles Fruit Juice*</p>	<p>12 3 Cheese Baked Ziti Steamed Carrots Fresh Fruit Milk</p>	<p>13 WG Bagel Cream Cheese Tuna/Yogurt Israeli Salad Fruit/Milk</p>
<p>16 Beef Burgers WG Bun Corn on the Cob Fruit Juice*</p>	<p>17 Falafel Fish Sticks (PreK-Knd) WG Pita Bread Israeli Salad/Tahina Fruit/Milk</p>	<p>18 Sweet & Sour Chicken WG Ramen Noodles Steamed Broccoli Fruit/Juice*</p>	<p>19 Creamy Mac & Cheese Green Beans Fruit Cup Milk</p>	<p>20 Potato Kugel Scrambled Eggs WG Mini Challah Rolls Fruit/Milk</p>
<p>23 Italian Meatball Subs Seasoned Peas Mixed Fruit Juice*</p>	<p>24 WG Crunchy Pizza Sticks French Onion Soup Fresh Fruit Milk</p>	<p>25 Beef Cholent Steamed Carrots Fruit Juice*</p>	<p>26 WG French Toast Cheese Blintzes Vegetable Medley Fruit/Milk</p>	<p>27 WG Bagel Cream Cheese Tuna/Yogurt Israeli Salad Fruit/Milk</p>
<p>30 Hot Dogs WG Buns (Boys) Chicken Nuggets (PreK-Knd) Baked Beans Fruit/Juice*</p>	<p>1 WG Fish Sticks Flounder/WG Bread Cole Slaw Mushroom Barley Soup Fruit/Milk</p>	<p>2 Roasted Chicken WG Rice Pilaf Green Beans Fruit Juice*</p>	<p>3 WG Pizza Slices Potato Soup Fresh Fruit Milk</p>	<p>4 WG Garlic Knots Tuna Salad/Egg Salad Roasted Potatoes Fruit Cup Milk</p>

News

SEPTEMBER 4

First Day of School - Judaics Only
Regular Start
Early Childhood Dismissal 11:45a
Kindergarten Dismissal 12:00p
Grades 1-5 Dismissal 12:00p
Girls Middle School Dismissal 12:00p
Jr. High Boys Dismissal 12:30p

SEPTEMBER 5

First Full Day of School
Regular Dismissal

Did you know?

- Over 75 million tons of apples are grown across the world each and every year.
- Apple season begins in September. The best time for apple picking is from September to October.
- One cup of Apple Juice is made from three apples!
- Apples are a very healthy fruit. They have plenty of vitamin C and fiber.
- Johnny Appleseed helped apples come to different parts of North America! He would bring seeds or tiny apple trees and plant them where there were none.

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.