

**Oakwood Boys Junior High and High School
November 2018
Lunch Menu**

All breakfast will include a whole grain, fresh fruit & milk

All lunches will include 1/2 cup of salad, 1/2 cup fruit, whole grain bread and 2oz meat alternative.

The salad bar will have a variety of fresh vegetables, tuna salad and flaked tuna and legumes.

8oz milk will be served on all dairy lunch days. Due to religious purposes, juice will be served on meat days.

Sunday	Monday	Tuesday	Wednesday	Thursday
				1 bagels cream cheese soup
4 Pizza Fries	5 chicken nuggets rice green beans	6 toasted cheese soup	7 chulent kugel	8 Rosh Chodesh pizza bagels fries chocolate milk
11 Pizza Fries	12 hot dogs baked beans/pickles fries	13 baked ziti peas	14 hamburgers fries corn	15 mac and cheese carrots
18 Pizza Fries	19 beef taco bar mashed potatoes tacos/peas	20 toasted cheese soup	21 breaded chicken rice broccoli	22 pizza bagels soup
25 Pizza Fries	26 chicken stir-fry rice	27 baked ziti green beans	28 deli sandwiches green beans pickles	29 mac and cheese carrots

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