

# SESSION 2

## MON TUES WED THURS FRI

### W01 W02 W03 W04

<p><b>23</b> <b>HOT:</b> Juice, Whole Grain Buns, Burgers, Mashed potatoes, Sliced Tomatoes and Sliced Cucumbers, Pickles <b>COLD:</b> Juice, Grilled Chicken on a Baguette with Tomatoes and Lettuce, Israeli salad, Bananas</p>	<p><b>24</b> <b>HOT:</b> Milk, Cheese Lasagna, Garlic Knots, Boiled Egg, Cut Watermelon, Chopped Peppers <b>COLD:</b> Milk, Panini with cheese and grilled vegetables, Baby Carrots, Nectarine</p>	<p><b>25</b> <b>HOT:</b> Juice, Chicken Nuggets, Mashed Potatoes, Bananas, Mixed Peas and Carrots <b>COLD:</b> Juice, Sliced Turkey sandwich with tomatoes and lettuce on Challah roll, Sliced Peppers, Bananas</p>	<p><b>26</b> <b>HOT:</b> Milk, Baked Ziti, Pizza Rolls, Boiled Egg, Roasted Vegetables, Cut Watermelon <b>COLD:</b> Milk, Challah roll with cream cheese, Pizza Rolls, Baby Carrots, Boiled Egg, Apples</p>	<p><b>27</b> <b>HOT:</b> Milk, Black Bean Taco, Corn, Mexican rice, Cut Melon <b>COLD:</b> Whole Grain tortilla rollup with cream cheese, Boiled Egg, Baby Carrots, Bananas</p>
<p><b>30</b> <b>HOT:</b> Juice, Sesame Chicken, Mexican Rice, Mixed Salad, Cut Melon <b>COLD:</b> Juice, Chicken fingers, Whole Grain Pita Bread, Baby Tomatoes, Plums</p>	<p><b>31</b> <b>HOT:</b> Milk, Spinach Soufflé, Cajun Fries, Boiled Egg, Steamed Broccoli, Apples <b>COLD:</b> Milk, Challah roll with cream cheese, Baby Carrots, Boiled Egg, Apple</p>	<p><b>AUGUST 1</b> <b>HOT:</b> Juice, Chicken Fajita on Whole Grain Tortilla Bread, Chopped Salad, Mexican Rice, Peaches <b>COLD:</b> Juice, Whole Grain tortilla with Turkey and hummus, Baby Carrots, Peaches</p>	<p><b>2</b> <b>HOT:</b> Milk, Cheese Lasagna, Garlic Knots, Boiled Egg, Cut Watermelon, Chopped Peppers <b>COLD:</b> Milk, Panini with cheese and grilled vegetables, Baby Carrots, Nectarine</p>	<p><b>3</b> <b>HOT:</b> Milk, Cheese Borekas, Macaroni Salad, Sliced Tomatoes, Cut Watermelon <b>COLD:</b> Milk, Whole Grain pita with Falafel, Boiled Egg, Sliced Peppers, Baby Carrots, Peaches</p>
<p><b>6</b> <b>HOT:</b> Juice, Beef Tacos, Yellow Rice, Cooked Beans, Israeli Salad, Sliced Peppers, Bananas <b>COLD:</b> Juice, Breaded Chicken with Tomatoes on a wrap, Sliced Cucumber, Bananas</p>	<p><b>7</b> <b>HOT:</b> Milk, Macaroni and Cheese, Mozzarella sticks Boiled Egg, Bananas, Israeli Salad <b>COLD:</b> Chocolate Milk, Cream cheese bagel, Boiled egg, Sliced Cucumbers, Apples</p>	<p><b>8</b> <b>HOT:</b> Juice, Schnitzel, Yellow Rice, Hummus, Pita Bread, Cut Watermelon, Sliced Peppers <b>COLD:</b> Juice, Grilled Chicken Wrap with Lettuce and Cucumbers, Cherry Tomatoes, Bananas</p>	<p><b>9</b> <b>HOT:</b> Chocolate Milk, Cheese Calzones, Sweet Potato Fries, Israeli Salad, Boiled Egg, Cut Watermelon <b>COLD:</b> Milk, Potato Knish, Pasta Salad, Boiled Egg, Sliced Cucumber, Apple</p>	<p><b>10</b> <b>HOT:</b> Milk, Vegetable Lo Mein, Egg Rolls, Boiled Egg, Corn, Bananas <b>COLD:</b> Milk, Cheese Borekas, Cajun Fries, Sliced Cucumbers, Sliced Peppers, Apples, Boiled Egg</p>
<p><b>13</b> <b>HOT:</b> Juice, Whole Grain Buns, Burgers, Mashed potatoes, Sliced Tomatoes and Sliced Cucumbers, Pickles <b>COLD:</b> Juice, Grilled Chicken on a Baguette with Tomatoes and Lettuce, Sliced Cucumber, Bananas</p>	<p><b>14</b> <b>HOT:</b> Milk, Macaroni and Cheese, Mozzarella sticks Boiled Egg, Bananas, Israeli Salad <b>COLD:</b> Milk, Cheese Borekas, Cajun Fries, Sliced Cucumbers, Sliced Peppers, Bananas, Boiled Egg</p>	<p><b>15</b> <b>HOT:</b> Juice, Chicken Fajita on Whole Grain Tortilla Bread, Chopped Salad, Mexican Rice, Peaches. <b>COLD:</b> Juice, Whole Grain tortilla with Turkey and hummus, Baby Carrots, Peaches</p>	<p><b>16</b> <b>HOT:</b> Chocolate Milk, Cheese Calzones, Sweet Potato Fries, Israeli Salad, Boiled Egg, Cut Watermelon <b>COLD:</b> Chocolate Milk, Bagel with cream cheese, cherry tomatoes, Apples, Boiled Egg</p>	<p><b>17</b> <b>HOT:</b> Milk, Pizza, Cajun Fries, Boiled Egg, Sliced Cucumbers, Sliced Tomatoes <b>COLD:</b> Milk, Whole Grain pita with Falafel, Boiled Egg, Sliced Peppers, Baby Carrots, Peaches</p>



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