

JEC Lunch 2023-2024

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4 Labor Day No Sessions	5	6 Beef Tacos without beans in beefMexican Rice Corn	7 Mac and cheese Plain Pasta Mixed Vegetables	8 Bagels Cream Cheese, Butter Tuna, Egg Salad	9
10	11 Chicken Schnitzel Roasted Potatoes Butternut Squash Fruit	12 Pizza Steamed Broccoli Fruit	13 Pepper Steak Fried Rice Vegetable Fruit	14 Penne Vodka Plain Pasta Baby Carrots Fruit	15 No Sessions	16 Rosh Hashanah
17 Rosh Hashanah	18 Sloppy Joes Tater Tots Peas/Carrots Fruit	19 Pizza Steamed Broccoli Fruit	20 Sweet and Sour Meatballs Rice Pilaf Peas Fruit	21 Baked Ziti Plain Pasta Baby Carrots Fruit	22 French toast, pancakes Butter, syrup Yogurt Israeli Salad	23
24 Erev Yom Kippur	25 Yom Kippur No Sessions	26 Pizza Steamed Broccoli Fruit	27 Meat sauce Pasta Green Beans Fruit	28 Mac and cheese Plain Pasta Mixed Vegetable Fruit	29 NO Sessions	30 Sukkot

ALL MEALS WILL INCLUDE A DAILY SALAD BAR AND A FRESH FRUIT OPTION