

SAMPLE KOSHER CHILD AND ADULT CARE MENU

<u>DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>	<u>DAY 4</u>	<u>DAY 5</u>
Breakfast 1% or fat-free milk Raspberries Whole-wheat banana bread	Breakfast 1% or fat-free milk Orange Whole-wheat bagel	Breakfast 1% or fat-free milk Banana Whole-wheat French toast	Breakfast 1% or fat-free milk Apple slices Oatmeal	Breakfast 1% or fat-free milk Clementine Whole wheat bread
Snack Baked cheese blintz Blueberries	Snack 1% or fat-free milk Baked potato knish	Snack Baked cheese and broccoli quiche 100% Apple juice	Snack Cucumber slices Hummus	Snack Turkey and sweet potato frittata
Lunch/Supper 1% or fat-free milk Baked white fish Barley Potato latke Applesauce	Lunch/Supper 100% Grape juice Roasted chicken Roasted asparagus Apricots Whole wheat bread	Lunch/Supper 1% or fat-free milk Tuna with whole-grain wrap Roasted cabbage & potatoes	Lunch/Supper 100% Orange juice Beef chuck stew Millet Roasted carrots Grapes	Lunch/Supper 1% or fat-free milk Vegetarian matzo ball soup Cottage cheese Carrots Prunes
<u>DAY 6</u>	<u>DAY 7</u>	<u>DAY 8</u>	<u>DAY 9</u>	<u>DAY 10</u>
Breakfast 1% or fat-free milk Cantaloupe slices Whole-wheat pancakes	Breakfast 1% or fat-free milk Mixed berries Whole-wheat croissant	Breakfast 1% or fat-free milk Banana Whole wheat pancakes	Breakfast 1% or fat-free milk Raisins Cinnamon oatmeal	Breakfast 1% or fat-free milk Pear Whole-wheat challah toast
Snack Tuna salad with bibb lettuce Whole wheat crackers	Snack Apple slices Yogurt dip	Snack Graham crackers Peanut butter	Snack Baked sweet potato wedges Applesauce	Snack Low-fat yogurt Granola
Lunch/Supper 1% or fat-free milk Baked crusted fish Brown rice Roasted carrots & peppers Clementines	Lunch/Supper 1% or fat-free milk Whole wheat bread Cholent (bean) stew Roasted zucchini spears Watermelon slices	Lunch/Supper 1% or fat-free milk Kosher baked beans Barley Roasted broccoli Orange	Lunch/Supper 100% Apple juice Grilled chicken Carrot salad Whole wheat bread Strawberries	Lunch/Supper 1% or fat-free milk Whole-wheat kishke White kidney bean salad Lettuce with grape tomatoes Mixed berries

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