



## Hebrew - Staten Island Breakfast - October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Oct 1, 2024	Oct 2, 2024	Oct 3, 2024	Oct 4, 2024	Oct 5, 2024
		<ul style="list-style-type: none"> <li>• Whole Wheat Waffle (2)</li> <li>• Maple Syrup</li> <li>• Fresh Plum (2)</li> <li>• Fruit cup</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Wgr Mini Loaf, Asstd</li> <li>• Assorted Yogurt</li> <li>• Orange</li> <li>• WGR Granola Bar, Asstd</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed	Closed	Closed
Oct 6, 2024	Oct 7, 2024	Oct 8, 2024	Oct 9, 2024	Oct 10, 2024	Oct 11, 2024	Oct 12, 2024
Closed	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Hard Boiled Egg</li> <li>• Apple (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Wheat Pancake</li> <li>• Maple Syrup</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Yogurt</li> <li>• Whole Grain Bread</li> <li>• Butter</li> <li>• Applesauce</li> <li>• Orange</li> <li>• WGR Granola Bar, Asstd</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Wheat French Toast (2)</li> <li>• Turkey Sausage Link</li> <li>• Maple Syrup</li> <li>• Fruit cup</li> <li>• Banana</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Egg Patty</li> <li>• Whole Wheat English Muffin</li> <li>• Cheese Slice</li> <li>• Bananas (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Oct 13, 2024	Oct 14, 2024	Oct 15, 2024	Oct 16, 2024	Oct 17, 2024	Oct 18, 2024	Oct 19, 2024
Closed	Closed	<ul style="list-style-type: none"> <li>• Whole Wheat Waffle (2)</li> <li>• Maple Syrup</li> <li>• Fruit cup</li> <li>• Fresh Plum (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Wgr Mini Loaf, Asstd</li> <li>• Assorted Yogurt</li> <li>• Oranges (2)</li> <li>• WGR Granola Bar, Asstd</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Wheat Pancake</li> <li>• Maple Syrup</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Grain Bagel</li> <li>• Cream Cheese</li> <li>• Applesauce</li> <li>• Pear</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Oct 20, 2024	Oct 21, 2024	Oct 22, 2024	Oct 23, 2024	Oct 24, 2024	Oct 25, 2024	Oct 26, 2024
Closed	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Hard Boiled Egg</li> <li>• Apple (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Wheat Pancake (2)</li> <li>• Maple Syrup</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Yogurt</li> <li>• Whole Grain Bread</li> <li>• Butter</li> <li>• Applesauce</li> <li>• Orange</li> <li>• WGR Granola Bar, Asstd</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Wheat French Toast (2)</li> <li>• Turkey Sausage Link</li> <li>• Maple Syrup</li> <li>• Fruit cup</li> <li>• Banana</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Egg Patty</li> <li>• Whole Wheat English Muffin</li> <li>• Cheese Slice</li> <li>• Banana</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Oct 27, 2024	Oct 28, 2024	Oct 29, 2024	Oct 30, 2024	Oct 31, 2024		
Closed	<ul style="list-style-type: none"> <li>• Assorted Yogurt</li> <li>• WGR Cereal</li> <li>• Apple (2)</li> <li>• WGR Granola Bar, Asstd</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Wheat Waffle (2)</li> <li>• Maple Syrup</li> <li>• Fresh Plum (2)</li> <li>• Fruit cup</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Wgr Mini Loaf, Asstd</li> <li>• Assorted Yogurt</li> <li>• Orange</li> <li>• WGR Granola Bar, Asstd</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Wheat Pancake</li> <li>• Maple Syrup</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>		

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## Hebrew - Staten Island Lunch - October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Oct 1, 2024	Oct 2, 2024	Oct 3, 2024	Oct 4, 2024	Oct 5, 2024
		<ul style="list-style-type: none"> <li>• Beef WGR Hard Taco (2)</li> <li>• Pinto Beans</li> <li>• Corn</li> <li>• Salsa</li> <li>• Fresh Plum (2)</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Baked Ziti w/Cheese</li> <li>• Broccoli</li> <li>• Fresh Apple</li> </ul>	Closed	Closed	Closed
Oct 6, 2024	Oct 7, 2024	Oct 8, 2024	Oct 9, 2024	Oct 10, 2024	Oct 11, 2024	Oct 12, 2024
Closed	<ul style="list-style-type: none"> <li>• Beef Hot Dog</li> <li>• WGR Hot Dog Bun</li> <li>• Corn</li> <li>• Baked Beans</li> <li>• Clementine (2)</li> </ul>	<ul style="list-style-type: none"> <li>• WW Cheese Pizza</li> <li>• Broccoli</li> <li>• Fresh Apple</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> <li>• 100% Assorted Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Spaghetti and Meatballs (3)</li> <li>• Broccoli</li> <li>• Fresh Apple</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Salad</li> <li>• Whole Grain Bun</li> <li>• Tossed Salad</li> <li>• Salad Dressing, Assorted</li> <li>• Pretzels</li> <li>• Orange</li> </ul>	<ul style="list-style-type: none"> <li>• Roast Beef</li> <li>• Whole Grain Bread (2)</li> <li>• Bell Pepper Sticks</li> <li>• Pretzels</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Oct 13, 2024	Oct 14, 2024	Oct 15, 2024	Oct 16, 2024	Oct 17, 2024	Oct 18, 2024	Oct 19, 2024
Closed	Closed	<ul style="list-style-type: none"> <li>• WGR Mac &amp; Cheese</li> <li>• Green Beans</li> <li>• Whole Grain Bread</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> <li>• 100% Assorted Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Bolognese</li> <li>• Whole Grain Pasta</li> <li>• Cauliflower</li> <li>• Fresh Apple</li> </ul>	<ul style="list-style-type: none"> <li>• Dominican Stew w/Chicken</li> <li>• Brown Rice</li> <li>• Diced Carrots</li> <li>• Orange</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Slice</li> <li>• Whole Grain Bread (2)</li> <li>• Cucumber &amp; Carrot Sticks</li> <li>• Wheat Thins</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Oct 20, 2024	Oct 21, 2024	Oct 22, 2024	Oct 23, 2024	Oct 24, 2024	Oct 25, 2024	Oct 26, 2024
Closed	<ul style="list-style-type: none"> <li>• Grilled Chicken Breast</li> <li>• WGR Pasta Salad w/ Chick Peas</li> <li>• Collard Greens</li> <li>• Orange</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Teriyaki 2oz</li> <li>• Brown Rice</li> <li>• Diced Carrots</li> <li>• Mixed Vegetables</li> <li>• Orange</li> </ul>	<ul style="list-style-type: none"> <li>• Jamaican Beef Patty</li> <li>• Sweet Plantain</li> <li>• Corn</li> <li>• Pear</li> </ul>	<ul style="list-style-type: none"> <li>• Burger W/ WGR Bun:</li> <li>• Potato Nuggets</li> <li>• Ketchup</li> <li>• Banana</li> </ul>	<ul style="list-style-type: none"> <li>• Bologna</li> <li>• Whole Grain Bread (2)</li> <li>• Carrot Sticks</li> <li>• Pretzels</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Oct 27, 2024	Oct 28, 2024	Oct 29, 2024	Oct 30, 2024	Oct 31, 2024		
Closed	<ul style="list-style-type: none"> <li>• Whole Grain Chicken Fingers</li> <li>• Sweet Potato Fries</li> <li>• Mixed Vegetables</li> <li>• Pear</li> </ul>	<ul style="list-style-type: none"> <li>• Beef WGR Hard Taco (2)</li> <li>• Pinto Beans</li> <li>• Corn</li> <li>• Salsa</li> <li>• Fresh Plum (2)</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Baked Ziti w/Cheese</li> <li>• Broccoli</li> <li>• Fresh Apple</li> </ul>	<ul style="list-style-type: none"> <li>• Sliced Turkey Breast</li> <li>• Whole Grain Bread (2)</li> <li>• Tossed Salad</li> <li>• Salad Dressing, Assorted</li> <li>• WGR Sun Chip</li> <li>• Orange</li> </ul>		

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## Hebrew - Staten Island Alt Lunch - October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Oct 1, 2024	Oct 2, 2024	Oct 3, 2024	Oct 4, 2024	Oct 5, 2024
		<ul style="list-style-type: none"> <li>• Vegetarian Chili</li> <li>• Broccoli</li> <li>• Brown Rice</li> <li>• Fresh Apple</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Polenta</li> <li>• Low Sodium Tomato Sauce</li> <li>• White Beans</li> <li>• Mozzarella Cheese</li> <li>• Broccoli</li> <li>• Orange</li> <li>• Milk 1% low-fat</li> </ul>	Closed	Closed	Closed
Oct 6, 2024	Oct 7, 2024	Oct 8, 2024	Oct 9, 2024	Oct 10, 2024	Oct 11, 2024	Oct 12, 2024
Closed	<ul style="list-style-type: none"> <li>• WGR Fried Rice</li> <li>• Edamame</li> <li>• Oriental Vegetable Blend</li> <li>• Banana</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Lentil Daal</li> <li>• Brown Rice</li> <li>• Green Beans</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Wgr Bean Taco Bowl</li> <li>• Corn</li> <li>• Orange</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Diced Tofu</li> <li>• Quinoa Salad Plate</li> <li>• Diced Carrots</li> <li>• Pear</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Spanish Chickpea Stew</li> <li>• Brown Rice</li> <li>• Italian Vegetable Blend</li> <li>• Fresh Plum</li> <li>• Milk 1% low-fat</li> </ul>	Closed
Oct 13, 2024	Oct 14, 2024	Oct 15, 2024	Oct 16, 2024	Oct 17, 2024	Oct 18, 2024	Oct 19, 2024
Closed	Closed	<ul style="list-style-type: none"> <li>• Vegetarian Chili</li> <li>• Broccoli</li> <li>• Brown Rice</li> <li>• Fresh Apple</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Polenta</li> <li>• Low Sodium Tomato Sauce</li> <li>• White Beans</li> <li>• Mozzarella Cheese</li> <li>• Broccoli</li> <li>• Orange</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Brown Rice and Beans</li> <li>• Sweet Plantain</li> <li>• Brussels Sprouts</li> <li>• Applesauce</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Mexican Fiesta Salad (Black Bean &amp; Corn Salad)</li> <li>• Plum Tomatoes</li> <li>• Brown Rice</li> <li>• Fresh Plum</li> <li>• Milk 1% low-fat</li> </ul>	Closed
Oct 20, 2024	Oct 21, 2024	Oct 22, 2024	Oct 23, 2024	Oct 24, 2024	Oct 25, 2024	Oct 26, 2024
Closed	<ul style="list-style-type: none"> <li>• WGR Fried Rice</li> <li>• Edamame</li> <li>• Oriental Vegetable Blend</li> <li>• Banana</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Lentil Daal</li> <li>• Brown Rice</li> <li>• Green Beans</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Wgr Bean Taco Bowl</li> <li>• Corn</li> <li>• Orange</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Diced Tofu</li> <li>• Quinoa Salad Plate</li> <li>• Diced Carrots</li> <li>• Pear</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Spanish Chickpea Stew</li> <li>• Brown Rice</li> <li>• Italian Vegetable Blend</li> <li>• Fresh Plum</li> <li>• Milk 1% low-fat</li> </ul>	Closed
Oct 27, 2024	Oct 28, 2024	Oct 29, 2024	Oct 30, 2024	Oct 31, 2024		
Closed	<ul style="list-style-type: none"> <li>• WGR Tofu Fried Rice</li> <li>• Oriental Vegetable Blend</li> <li>• Banana</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetarian Chili</li> <li>• Broccoli</li> <li>• Brown Rice</li> <li>• Fresh Apple</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Polenta</li> <li>• Low Sodium Tomato Sauce</li> <li>• White Beans</li> <li>• Mozzarella Cheese</li> <li>• Broccoli</li> <li>• Orange</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Brown Rice and Beans</li> <li>• Sweet Plantain</li> <li>• Brussels Sprouts</li> <li>• Applesauce</li> <li>• Milk 1% low-fat</li> </ul>		

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## Hebrew - Staten Island Snack - October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Oct 1, 2024	Oct 2, 2024	Oct 3, 2024	Oct 4, 2024	Oct 5, 2024
		<ul style="list-style-type: none"> <li>Fruit Mix In 100% Natural Juice</li> <li>Strawberry Waffle Grahams</li> <li>100% Assorted Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Banana</li> <li>WGR Waffle Grahams</li> <li>100% Assorted Fruit Juice</li> </ul>	Closed	Closed	Closed
Oct 6, 2024	Oct 7, 2024	Oct 8, 2024	Oct 9, 2024	Oct 10, 2024	Oct 11, 2024	Oct 12, 2024
Closed	<ul style="list-style-type: none"> <li>Diced Pears in Natural Juice</li> <li>WGR Cheez-it Crackers</li> <li>100% Assorted Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Clementine (2)</li> <li>WGR Cheez-it Crackers</li> <li>Fruit Mix In 100% Natural Juice</li> </ul>	<ul style="list-style-type: none"> <li>WGR Graham Crackers</li> <li>100% Assorted Fruit Juice</li> <li>Fresh Plum</li> </ul>	<ul style="list-style-type: none"> <li>Banana</li> <li>Strawberry Waffle Grahams</li> <li>100% Assorted Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>WGR Cheez-it Crackers</li> <li>Clementine</li> <li>100% Assorted Fruit Juice</li> </ul>	Closed
Oct 13, 2024	Oct 14, 2024	Oct 15, 2024	Oct 16, 2024	Oct 17, 2024	Oct 18, 2024	Oct 19, 2024
Closed	Closed	<ul style="list-style-type: none"> <li>Fruit Mix In 100% Natural Juice</li> <li>WGR Crackers</li> <li>Clementine (2)</li> </ul>	<ul style="list-style-type: none"> <li>Banana</li> <li>WGR Waffle Grahams</li> <li>100% Assorted Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>100% Assorted Fruit Juice</li> <li>WGR Animal Crackers</li> <li>Clementine (2)</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Plum</li> <li>100% Assorted Fruit Juice</li> <li>WGR Cheez-it Crackers</li> </ul>	Closed
Oct 20, 2024	Oct 21, 2024	Oct 22, 2024	Oct 23, 2024	Oct 24, 2024	Oct 25, 2024	Oct 26, 2024
Closed	<ul style="list-style-type: none"> <li>Diced Pears in Natural Juice</li> <li>WGR Animal Crackers</li> <li>Clementine (2)</li> </ul>	<ul style="list-style-type: none"> <li>Clementine (2)</li> <li>Fruit cup</li> <li>100% Assorted Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Apple</li> <li>100% Assorted Fruit Juice</li> <li>WGR Graham Crackers</li> </ul>	<ul style="list-style-type: none"> <li>WGR Cheez-it Crackers</li> <li>Fresh Apples</li> <li>100% Assorted Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Banana</li> <li>WGR Waffle Grahams</li> <li>100% Assorted Fruit Juice</li> </ul>	Closed
Oct 27, 2024	Oct 28, 2024	Oct 29, 2024	Oct 30, 2024	Oct 31, 2024		
Closed	<ul style="list-style-type: none"> <li>Apple</li> <li>WGR Cheez-it Crackers</li> <li>100% Assorted Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Mix In 100% Natural Juice</li> <li>Strawberry Waffle Grahams</li> <li>100% Assorted Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Banana</li> <li>WGR Waffle Grahams</li> <li>100% Assorted Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Applesauce</li> <li>WGR Animal Crackers</li> <li>Pear</li> </ul>		

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