

Meal Menu

MAZEL DAY SCHOOL

UPDATED
2015-16



BREAKFAST/MORNING SNACK

CEREAL	A choice of dry cereals (unsweetened corn flakes, raisin bran, cheerios...) and for preschool only: warm, freshly cooked oatmeal	DRINK Milk or Water
CHEESES	Cottage Cheese, Yogurt or Sliced Cheese	
FRESH FRUIT	Seasonal fruits (bananas, apples, peaches, pears, oranges, plums...)	

ROTATING LUNCH MENU

WEEK 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken Soup with Noodles	Lentil Soup	Vegetable Borscht Soup	Minestrone Vegetable Soup	
BREAD	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	
MAIN	Chicken Nuggets	Mac & Cheese (or plain pasta)	Tuna Wraps and <i>Pluv</i>	Brisket	Cheese Blintzes + sour cream
SIDE	Basmati Rice			Mashed Potatoes	Hard-boiled Eggs
VEGGIE 1		Avocado Slices	Pepper strips		Tomato slices
VEGGIE 2	Israeli Salad	Tomato slices	Cole slaw salad	Salad Bar	Baby Carrots
DRINK	Water / Orange Juice	Water / Orange Juice	Water / Orange Juice	Water / Orange Juice	Water / Milk

WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	ABC Noodle Chicken Soup	Lentil Soup	Vegetable Borscht Soup	Minestrone Vegetable Soup	
BREAD	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	
MAIN	Chicken Nuggets	Baked Ziti (or plain pasta)	Tuna Wraps and <i>Pluv</i>	Grilled Chicken Breast Slices	Baked Ziti (or plain pasta)
SIDE	Basmati Rice			Buckwheat Kasha	Hard-boiled Eggs
VEGGIE 1		Avocado Slices	Pepper strips		Tomato slices
VEGGIE 2	Israeli Salad	Tomato slices	Cole slaw salad	Salad Bar	Baby Carrots
DRINK	Water / Orange Juice	Water / Orange Juice	Water / Orange Juice	Water / Orange Juice	Water / Milk

Middle School grades enjoy Pizza on Fridays!

PLEASE NOTE: PIZZA IS SERVED ONCE A MONTH FOR THE WHOLE SCHOOL ~ on Rosh Chodesh (the 1st day of the Hebrew month)

AFTERNOON SNACK



FRUITS (PRESCHOOL) *	Seasonal fruits (bananas, apples, peaches, oranges, plums...)	DRINK Water
CRACKERS	Whole Grain Bread sticks, Flatbreads, Rice Cakes or Whole Grain Pretzels	

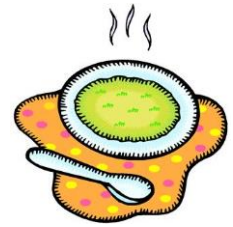
* Fruits for afternoon snack are provided by the school for preschool classes only. **Students in Grades K-8 bring fruits or vegetables from home for afternoon snack every day.** Fruits or vegetables should be whole & uncut. No other food may be brought from home

ABOUT OUR MEAL MENU

Dear Parents,

With pleasure, we introduce the UPDATED Mazel Day School meal menu. Our lunch vendor will be **Benny's Catering**. All meals are Kosher and delivered freshly cooked on a daily basis to school.

The menu was designed with the objective of ensuring that. Our goal was to ensure that lunch is a balanced menu between carbs, veggies, proteins and whole grains. Each day there will be a variety of choices for kids who are picky so that everyone can find something that they can eat a sizable portion of, while also including foods that kids don't usually eat so as to encourage them to try new foods and widen their palette of healthy foods that they will discover actually taste good. By having a 2-week rotating menu for lunch, this enables us to widen the variety of foods available and makes it more interesting for kids. An additional note for preschoolers: Depending on the food item, teachers cut food into smaller size portions so as to enable children to eat comfortable.



In general, during meals, teachers give lots of positive reinforcement to students for...

- healthy eating choices
- trying new foods
- for older children: taking a portion of reasonable size and completing what they chose (i.e. not wasting foods)
- eating neatly and with good table manners



We look forward to a healthful new school year. Feel free to email Rabbi Naftoli Rotenberg, our Operations Manager, at rebnaftoli@gmail.com with any questions or comments regarding the menu. If your child needs any specific dietary accommodations please contact his / her classroom teacher as well as Rabbi Naftoli so that they can look into it further.

Thank you,
Mazel Day School Administration