

Mazel Preschool Lunch Menu



Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable Soup	Chicken Soup with ABC pasta	Zucchini Soup	Borsch	Vegetable Soup
Bread	Whole Wheat Bread 8 loaves	Whole Wheat Bread 8 loaves	Mini Pita	Whole Wheat Bread	
Main	Baked Salmon	Breaded Chicken	Baked Flounder	Meat Balls with Sauce on the side	Blintzes / Pizza knishes
Side	Vegetarian Plov with Basmati Rice	Buckwheat/ Quinoa	Mashed Potatoes	Elbow Macaroni	Buckwheat
Veggie 1	Cauliflower	Steamed Broccoli	Tomatoes	Israeli Salad	Sautéed Green Beans
Veggie 2	Red Pepper	Cucumbers Circles	Sliced Avocado	Sliced Red and Green Peppers	Cucumbers

Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable Soup	Chicken soup with veggies and meat	Chef's Special Soup	Borsch	Vegetable Soup
Bread	Whole Wheat Bread 8 loaves	Whole Wheat Bread 8 loaves	Whole Wheat Bread 8 loaves	Whole Wheat Bread	
Main	Baked Salmon	Baked Chicken	Breaded Flounder	Schnitzel	Hard Boiled Eggs
Side	Buckwheat/Quinoa	Basmati Rice	Mashed Potatoes	Buckwheat	Plain Pasta with Sauce on the side
Veggie 1	Corn Cob- kids love it	Sweet peas with vegetables	Steamed Broccoli	Israeli Salad	Green Beans
Veggie 2	Red Pepper	Cucumbers	Tomatoes	Sliced Red and Green Peppers	Sliced Tomatoes

Mazel Lower School Lunch Menu



Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable Soup	Chicken soup with ABC pasta	Zucchini Soup	Borsch	
Bread	Buns	Whole Wheat	Mini pita	Whole Wheat Bread	
Main	Burgers	Breaded Chicken	Breaded Flounder	Meat Balls in Sauce	Pizza
Side	Vegetarian Plov	Buckwheat / Quinoa	Mashed Potatoes	Elbow Macaroni	
Veggie 1		Steamed Broccoli	Tomatoes	Israeli Salad	
Veggie 2	Cucumbers/ Lettuce/Pickles Tomatoes/Onion	Cucumbers	Sliced Avocado	Sliced Red and Green Peppers	Mixed Veggie Platter (tomatoes, peppers, celery, cucumbers)

Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable Soup	Chicken soup with veggies and meat	Chef's Special Soup	Borsch	
Bread	Pita	Whole Wheat	Whole Wheat mini pita	Whole Wheat Bread	
Main	Falafel	Grilled Chicken	Baked Salmon	Baked Chicken	Pizza
Side	Hard boiled eggs	Basmati with Veggies	Corn on the Cob	Buckwheat / Quinoa	
Veggie 1	Red Pepper	Baby Carrots	Steamed Broccoli	Israeli Salad	
Veggie 2	Israeli Salad	Cucumbers	Tomatoes	Sliced Red and Green Peppers	Mixed Veggie Platter (tomatoes, peppers, celery, cucumbers)

Mazel Middle School Lunch Menu



Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable Soup	Chicken soup with ABC pasta	Zucchini Soup	Borsch	
Bread	Buns	Whole Wheat	Mini pita	Whole Wheat Bread	
Main	Burgers	Breaded Chicken	Breaded Flounder	Meat Balls in Sauce	Pizza
Side	Vegetarian Plov	Buckwheat / Quina	Mashed Potatoes	Elbow Macaroni	
Veggie 1		Steamed Broccoli	Tomatoes	Israeli Salad	
Veggie 2	Cucumbers/ Lettuce/Pickles Tomatoes/Onion	Salad Bar (lettuce, cucumbers, cherry tomatoes, corn, 2 dressings)	Sliced Avocado	Sliced Red and Green Peppers	Mixed Veggie Platter (tomatoes, peppers, celery, cucumbers)

Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable Soup	Chicken soup with veggies and meat	Chef's Special Soup	Borsch	
Bread	Pita	Whole Wheat	Mini pita	Whole Wheat	
Main	Falafel	Grilled Chicken	Baked Salmon	Shwarma	Pizza
Side	Hard boiled eggs	Basmati with Veggies	Corn on the Cob	Buckwheat / Quinoa	
Veggie 1	Red Pepper	Baby Carrots	Steamed Broccoli	Israeli Salad	
Veggie 2	Israeli Salad	Salad Bar (lettuce, cucumbers, cherry tomatoes, corn, 2 dressings)	Sliced Avocado	Sliced Red and Green Peppers	Mixed Veggie Platter (tomatoes, peppers, celery, cucumbers)