

Phoenix Hebrew Academy

Lunch Menu May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Yogurt Box Yogurt (1ozMA), String Cheese (1ozMA), Bagel (2ozG) Cucumbers(1/2c),Green Beans (1/4c), Fruit (1/2c) Milk(8oz)	4 Dr. Praegers Fish Sticks Fish Sticks (2ozMA) (1.25ozG) Cheezits (1ozG) French Fries (3/4c) Fruit (1/2c) Ketchup (18g) Milk (8oz)	5 Tuna Salad WW Bagel (2ozG), Tuna(2ozMA), Mayo(1tsp), Celery (1/2c), Pickles(1/4c), Fruit(1/2c) Milk(8oz)	6 Baked Ziti Pasta(2ozG) Marinara Sauce(1/8c) Cheese (2ozMA) Garbanzo Beans (1/2c) Corn (1/4c) Fruit (1/2c) Milk (8oz)	7 Boiled Egg Lunch Whole Boiled Egg (2ozMA) WW Bagel (2ozG) WG Chocolate Chex (1ozG) Red Peppers (1/4c) Carrots (1/2c) Fruit (1/2c) Milk (8oz)	8
9	10 Tuna Wrap WW Tortilla (2ozG) Tuna (2ozMA) w/mayo(1tsp) Steamed Broccoli (1/2c) Pickles (1/4c) Fruit (1/2c) Milk(8oz)	11 WW Pizza Bagels WW Bagel (2ozG) w/sauce (1/8c) Moz. Cheese (2ozMA) French Fries (3/4c) Fruit (1/2c) Milk (8 oz)	12 Sunbutter & Jelly Sandwich WW Bread (2ozG) SunButter (2ozMA) Asst. Jelly (.38oz) Steamed Broccoli (1/2c) pickles(1/4c) Fruit (1/2c) Milk (8oz)	13 Quesadilla Whole Wheat Tortilla (2ozG) Cheese (2ozMA) Salsa (1/4c) Pinto Beans (1/2 c) Fruit (1/2 c) Milk (8oz)	14 Tuna Pasta WW Pasta (2ozG) Tuna (2ozMA) with mayo(1tsp) Red Peppers (1/4c) Carrots (1/2c) Fruit (1/2c) Milk (8oz)	15
16	17	18	19 Egg Salad Egg Salad (2ozMA) w/mayo (1tsp) Cheezits (1ozG) Bagel (2ozG) Steamed Broccoli (1/2c) Carrots (1/4c) Fruit (1/2c) Milk (8oz)	20 Grilled Cheese WW Bread (4ozG) Cheese (2ozMA) Garbanzo Beans (1/2c) Carrots (1/4c) Fruit (1/2c) Milk (8oz)	21 Cream Cheese Bagel & Sunbutter Bagel(2ozG), Sunbutter (2ozMA), cream cheese (.38oz) Cherry Tomatoes(1/2c), carrots (1/4c), Fruit (1/2c), Milk (8oz)	22
23	24 Yogurt Box Yogurt (1ozMA), String Cheese (1ozMA), Bagel (2ozG) Cucumbers(1/2c),Green Beans (1/4c), Fruit (1/2c) Milk(8oz)	25 Bean & Cheese Burrito Tortilla (2ozG) Pinto Beans (2ozMA) Cheese (1ozMA) French Fries (3/4c) Salsa (1/8c) Fruit (1/2c) Milk (8oz)	26 Bagel w/ Sun Butter & Jelly Bagel(2ozG), Sunbutter (2ozMA), Sugar free Jelly (.38oz), Steamed Broccoli(1/2c),Pickles (1/4c), Fruit (1/2c), Milk (8oz)	27 Baked Ziti Pasta(2ozG) Marinara Sauce(1/8c) Cheese (2ozMA) Garbanzo Beans (1/2c) Corn (1/4c) Fruit (1/2c) Milk (8oz)	28 Tuna Pasta WW Pasta (2ozG) Tuna (2ozMA) with mayo(1tsp) Red Peppers (1/4c) Carrots (1/2c) Fruit (1/2c) Milk (8oz)	29
30	31					
This institution is an equal opportunity provider. Menu is subject to change without notice.						