



DKECC

LUNCH MENU

JCC ROCKLAND 4 WEEK LUNCH CYCLE (Updated Nov.2022)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
week 1	Chicken Fingers Tater Tots Cucumbers Applesauce	Tacos Ground Beef Rice/Black Beans Tomatoes/Corn Melon Slices	Macaroni & Cheese Green beans Peaches	Roast Chicken Mashed Sweet Potatoes Steamed Broccoli Florets Applesauce	Pancakes with Syrup Scrambled Eggs Scalloped potatoes Pears
	FOR THE WEEK: Hard Boiled eggs with shell, baby carrots, and cucumber				
week 2	Veggie Nuggets Mashed Potatoes Steamed Carrots Plums	Chicken Lo Mein with Noodles Sugar Snap Peas Oranges	Cheese Ravioli with Tomato Sauce Peas Melon slices	Hamburgers Whole Wheat Buns Tomatoes/Pickles Baby Corn Peaches	Pizza Bagels Corn Peaches
	FOR THE WEEK: Hard Boiled eggs with shell, baby carrots, and cucumber”				
week 3	Chicken Nuggets Brown Rice, Garbanzo Beans Melon Slices	Falafel with Pita Israeli Salad Hummus Melon Slices	Baked Ziti Steamed Carrots Melon Slices	Tuna & Egg Salad Whole Wheat Bread Fresh Peppers/Tomatoes Fruit Salad	Pita Pizza Steamed Broccoli Florets Bananas
	FOR THE WEEK: Hard Boiled eggs with shell, baby carrots, and cucumber				
week 4	Fish Nuggets Mashed Potatoes Peas Oranges	Meatballs with Pasta Tomato Sauce Green Beans Applesauce	Pizza Snaps Sliced Carrots Applesauce	Grilled Chicken Steamed Carrots Potato Knishes Plums	Bagels Butter/Cream Cheese, Sun Butter/Jelly Sliced Cheese/Yogurt Tomatoes/Cucumbers Watermelon
	FOR THE WEEK: Hard Boiled eggs with shell, baby carrots, and cucumber				