


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
2 (2 oz) Kosher hot dog ½ c. Sauerkraut ½ c. Baked Beans 1 WG Hot Dog Bun ½ c Apple Sauce 1 packet Ketchup & Mustard 1 Package Powdered Milk	3 oz. Mexican Chicken Strips ½ c. Green Peppers & Onions ½ c. Black Beans ½ c. Parsley Rice 2 oz. Tortilla Chips ½ c. Mixed Fruit 1 Package Powdered Milk	3 oz Sweet and sour meatballs ½ c Brown Rice ½ c Shredded Cabbage ½ c Broccoli 1 oz WG Dinner Roll w/Margarine ½ c. Canned Fruit 1 Package Powdered Milk	12" Veggie Cheese WG Quesadilla ½ c. Roasted Potatoes ½ c. Black Beans ½ c. Oranges (sliced) 1 Package Powdered Milk	3 oz. Rosemary Chicken ½ c. Potatoes Latkes ½ c. Green Beans 2 oz. Challah Roll/Margarine ½ c. Canned Fruit 1 Cookie 1 Package Powdered Milk
10	11	12	13	14
3 Oz. Chicken Schnitzel w/ WG Breeding. ½ c. Green Beans ½ c. Baked Sweet Potato 2 oz. WG Dinner Roll w/margarine ½ c. Peaches 1 Package Powdered Milk	8 oz. Stuffed Cabbage w/ Sweet & Sour Sauce ½ c.Green Peas & Carrots ½ c Mashed Potatoes 1 oz WG Dinner Roll w/Margarine ½ Mixed Fruit Cup 1 Package Powdered Milk	3 oz. Teriyaki Chicken ½ c. Vegetable Brown Rice ½ c. Broccoli ½ c. Carrot Coins 1oz WG Dinner Roll w/Margarine 1 Banana 1 Package Powdered Milk	8 oz Rotini Bolognese ½ c. Peas ½ c. Carrots 1oz WG Dinner Roll w/Margarine ½ c. Canned Fruit 1 Package Powdered Milk	3 oz. Lemon Garlic Chicken ½ c. Potato Kugel ½ c. Mixed Vegetables 2 oz. Challah Roll/Margarine ½ c. Canned Fruit 1 Cookie 1 Package Powdered Milk
17	18	19	20	21
3 oz Meatloaf w/ gravy ½ c. Mashed Potatoes ½ c Mixed Vegetables 2 oz WG Dinner Roll w/Margarine ½ c Canned Fruit 1 Package Powdered Milk	3 oz. Herb Crusted Baked Fish ½ c. Yellow Rice w/Peppers ½ c. Green Beans ½ c. Stewed Tomatoes 1oz WG Dinner Roll w/Margarine ½. c. Peaches 1 Packet Tarter Sauce 1 Package Powdered Milk	3 oz Chicken Marsala ½ c. Orzo ½ c Zucchini & Onion ½ c Carrot Coins 1 oz. WG Dinner Roll w/ Margarine ½ c. Canned Fruit 1 Package Powdered Milk	3 oz. Hamburger w/ Lettuce & Tomato ½ c. Baked potato w/ margarine ½ c. Grilled Vegetables ½ c. Mixed Fruit 1 pkt Ketchup, Mustard, 1 Package Powdered Milk	3 oz Lemon Baked Chicken ½ c Potato Kugel ½ c. Mixed Vegetables 2oz Challah Roll w/margarine ½ c. Oranges (Sliced) 1 Cookie 1 Package Powdered Milk
24	25	26	27	28
8 oz. Vegetable Quiche ½ c. Roasted Potatoes ½ c. Green Salad Mix 2 oz. WG Dinner Roll w/Margarine 1 Packet Italian Dressing ½ c. Peaches 1 Package Powdered Milk	3 oz Hot Turkey Pastrami ½ c. Potato Salad ½ c. Tomato Cucumber Onion Salad 2 oz WG Dinner Roll w/ Margarine 1 packet mustard ½ c Apple Sauce 1 Package Powdered Milk	3 oz. Chicken Francaise ½ c. Rosemary Potatoes ½ c. Mixed Vegetables 2 oz WG Dinner Roll w/ margarine ½ c Apples (sliced) 1 Package of Powdered Milk	3oz Salisbury Steak ½ c Mashed Potatoes ½ c Carrots &Peas 2 oz WG Dinner Roll w/Margarine ½ c. Oranges (sliced) 1ackage Powdered Milk	3 oz BBQ Chicken ½ c. Potato Kugel ½ c. Squash Medley 2 oz. Challah Roll /Margarine ½ c. Oranges (sliced) 1 Cookie 1 Package Powdered Milk
				
APPROVED BY AND SIGNED BY: ALEX FRIZZELLE, RD, LDN <i>Alex Frizzelle RD/LDN</i> CATERER: STERLING KOSHER / DATE: 4/1/19		Requirements are as follows: Grains- 2 servings (1 cup cooked pasta or rice,) (2 slices of bread, 1 oz each). Protein-3 oz Cooked Edible Portion Meat or Alternative. Vegetable-2 servings (1/2 c each serving). Fruit- 1 Serving ½ cup (4oz). Fat- 1 teaspoon Butter or Fortified Margarine; Milk -1 cup (8oz.)		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Chicken Salad Wrap (4oz chicken salad on 12” WG Tortilla) ½ cup Mixed Greens (in wrap) ½ cup Tomatoes (in wrap) ½ cup Green Bean Salad ½ cup Peaches 1 Package of Powdered Milk	Egg Salad Sandwich (4oz Egg Salad on Rye Bread) ½ cup Lettuce (on sandwich) ½ cup Mixed Greens w/ dressing ½ cup Tomato, Cucumber, & Onion. ½ cup Mixed Fruit 1 Package of Powdered Milk	Grilled Chicken Caesar Wrap (3oz Grilled Chicken on 12” WG Tortilla) 1 cup Romaine Lettuce (in wrap) ½ cup Tomato (in wrap) ½ cup Peaches 2 tbs Caesar Dressing (in wrap) 1 Package of Powdered Milk	Krab Salad Roll (4oz Krab Salad in WG Bread Roll) ½ cup Green, Red, Yellow Peppers (in salad) ½ cup Mixed Greens w/ dressing ½ cup Cole Slaw ½ cup Fruit Salad 1 Package of Powdered Milk	SHABBAT
10	11	12	13	14
Turkey Sandwich (3oz of Turkey on WG Baguette) ½ cup Lettuce (on sandwich) ½ cup Tomato (on sandwich) ½ cup Cole Slaw 1 Whole Apple Sliced 1 packet of Mayo & Mustard 1 Package of Powdered Milk	Mediterranean Chicken Veggie Wrap (3oz Chicken w/ 2 Tbs Hummus on 12” WG Tortilla) 1 ½ cup Tomato, Onion, Cucumber (on wrap) 2 Tbs Hummus (on wrap) ½ cup Grapes (16 grapes) 1 Package of Powdered Milk	Tuna Salad Sandwich (4oz Tuna Salad on WG Bread) ½ cup Spinach (on sandwich) ½ cup Tomato & Onion (on sandwich) ½ cup Cucumber Salad ½ cup Pineapple 1 Package of Powdered Milk	Chicken Salad Wrap (4oz chicken salad on 12” WG Tortilla) ½ cup Mixed Greens (in wrap) ½ cup Tomatoes (in wrap) ½ cup Green Bean Salad ½ cup Peaches 1 Package of Powdered Milk	SHABBAT
17	18	19	20	21
Egg Salad Sandwich (4oz Egg Salad on Rye Bread) ½ cup Lettuce (on sandwich) ½ cup Mixed Greens w/ dressing ½ cup Tomato, Cucumber, & Onion. ½ cup Mixed Fruit 1 Package of Powdered Milk	Grilled Chicken Caesar Wrap (3oz Grilled Chicken on 12” WG Tortilla) 1 cup Romaine Lettuce (in wrap) ½ cup Tomato (in wrap) ½ cup Peaches 2 tbs Caesar Dressing (in wrap) 1 Package of Powdered Milk	Krab Salad Roll (4oz Krab Salad in WG Bread Roll) ½ cup Green, Red, Yellow Peppers (in salad) ½ cup Mixed Greens w/ dressing ½ cup Cole Slaw ½ cup Fruit Salad 1 Package of Powdered Milk	Turkey Sandwich (3oz of Turkey on WG Baguette) ½ cup Lettuce (on sandwich) ½ cup Tomato (on sandwich) ½ cup Cole Slaw 1 Whole Apple Sliced 1 packet of Mayo & Mustard 1 Package of Powdered Milk	SHABBAT
24	25	26	27	28
Mediterranean Chicken Veggie Wrap (3oz Chicken w/ 2 Tbs Hummus on 12” WG Tortilla) 1 ½ cup Tomato, Onion, Cucumber (on wrap) 2 Tbs Hummus (on wrap) ½ cup Grapes (16 grapes) 1 Package of Powdered Milk	Tuna Salad Sandwich (4oz Tuna Salad on WG Bread) ½ cup Spinach (on sandwich) ½ cup Tomato & Onion (on sandwich) ½ cup Cucumber Salad ½ cup Pineapple 1 Package of Powdered Milk	Chicken Salad Wrap (4oz chicken salad on 12” WG Tortilla) ½ cup Mixed Greens (in wrap) ½ cup Tomatoes (in wrap) ½ cup Green Bean Salad ½ cup Peaches 1 Package of Powdered Milk	Egg Salad Sandwich (4oz Egg Salad on Rye Bread) ½ cup Lettuce (on sandwich) ½ cup Mixed Greens w/ dressing ½ cup Tomato, Cucumber, & Onion. ½ cup Mixed Fruit 1 Package of Powdered Milk	SHABBAT
				SHABBAT

APPROVED BY AND SIGNED BY: ALEX FRIZZELLE, RD, LDN

Alex Frizzelle RD/LDN

CATERER: STERLING KOSHER / DATE: 4/1/19

Please call for reservations by 11 AM the day prior: 954-434-0499 x 370

Requirements are as follows:

Grains- 2 servings (1 cup cooked pasta or rice,) (2 slices of bread -1 oz each)

Protein-3 oz Cooked Edible Portion Meat or Alternative.

Vegetable-3/4 cup cooked or 1.5 cups raw equivalent measure (may serve an additional fruit instead of a vegetable)

Fruit- 1 Serving ½ cup (4oz). Fat- 1 serving: 1 teaspoon; Dairy: 1 serving -1 cup (8oz.)