

# June

# 2023

## Congregation Beth Israel

### Lunch menu

Sun day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Beef Teriyaki <b>GF DF</b> Roasted Broccoli <b>GF DF V</b> Rice <b>GF DF V</b> Fruit Tofu Teriyaki <b>GF DF V</b>	2 No Haute Lunch	
4	5 Turkey Corndogs <b>DF</b> Mixed Veggies <b>GF DF V</b> Fruit	6 Beef Empanadas Corn salad <b>GF DF V</b> Fruit	7 Chicken Nuggets Tater tots <b>GF DF V</b> Fruit	8 Sunbutter & Jam sandwich Veggie straws <b>GF DF V</b> Fruit	9 No Haute Lunch	
	12 Beef Hotdogs Veggies <b>GF DF V</b> Fruit	13 Cheese Quesadillas <b>V</b> Refried Beans <b>GF DF V</b> Fruit	14 BBQ Chicken <b>GF DF</b> Cornbread <b>GF DF V</b> Baked Beans <b>GF DF V</b> Fruit	15 Turkey & Cheese sandwiches Goldfish <b>V</b> Fruit	16 No Haute Lunch	
	19 No School	20 Beef Sliders <b>DF</b> Potato salad <b>GF DF V</b> Fruit	21 Chicken Nuggets Tater tots <b>GF DF V</b> Fruit	22 Turkey Club sandwiches Cucumber & Tomato salad <b>GF DF V</b> Fruit	23 No Haute Lunch	
	26 Shepherd's Pie Bell peppers <b>GF DF V</b> Fruit	27 Pita w/Falafel <b>DF V</b> Hummus Cucumbers Fruit	28 Chicken Pasta Salad Broccoli <b>GF DF V</b> Fruit *Veggie Italian Pasta Salad	29 Meatball sub Potato salad <b>GF DF V</b> Fruit		

