

KUSHNER ACADEMY		MENU JANUARY - JUNE 2012	
CYCLE 1: WEEKS BEGIN	CYCLE 2: WEEKS BEGIN	CYCLE 3: WEEKS BEGIN	
30-Jan	6-Feb	13-Feb	
20-Feb	27-Feb	5-Mar	
12-Mar	19-Mar	26-Mar	
2-Apr	16-Apr	23-Apr	
28-Nov	5-Dec	12-Dec	
30-Apr	7-May	14-May	
21-May	28-May	4-Jun	
11-Jun	18-Jun		
CYCLE 1	CYCLE 2	CYCLE 3	
Monday	Monday	Monday	
Baked Ziti with Ricotta and Mozzarella	Meatless nachos grande w/ cheese sauce: taco filling served on tortilla chips w/ guacamole, salsa, lettuce and tomato rice and beans	fish sticks with tartare sauce Macaroni and cheese	Salad Bar
			iceberg mix or Caesar salad daily
Tuesday	Tuesday	Tuesday	5 toppings each day to be rotated from the followin
Spaghetti with meatballs	sliced turkey or salami sandwiches on whole wheat bread potato salad / pickles	Turkey Swarma - Rice warm pita w/ sesame free hummus	*Tomatoes *Cucumbers *Carrots
Wednesday	Wednesday	Wednesday	Mandarin oranges Edimome
French Bread Pizza	Pizza bagels sushi rolls for first lunch only	French bread pizza sushi rolls for second lunch only	Israeli Salad broccoli chickpeas baby corn green peas jullienne pepers
Thursday	Thursday	Thursday	
chicken nuggets broccoli / cous cous	Burgers and dogs with all the fixins sweet potato fries / corn on the cob	BBQ chicken mashed potatoes / peas	
Friday	Friday	Friday	
baked potato bar: sour cream / chili cheese sauce / bacos sliced cheese / yogurt parfaits hard boiled eggs (L.S) scrambled (Mid /Upper)	blintzes with sour cream sliced cheese / yogurt parfaits hard boiled eggs (L.S) scrambled (Mid /Upper)	French Toast and Pancakes sliced cheese / yogurt parfaits hard boiled eggs (L.S) scrambled (Mid /Upper)	
	Daily Selections		raisins Bulgar wheat salad Quinoa Kidney beans Raisins corn
	Homemade Fresh Soup from the following rotation (every day except Friday)		*every day toppings
	Broccoli, Mushroom Broccoli, Corn Chowder, Lentil, Moroccan Lentil, Potato Leek, Baked Potato, Tomato, Vegetable with noodles, Italian Roasted vegetable, Minestone, cream of mushroom, green Split Pea, Yellow split pea, Butternut Squash		Dressings French - Lite Italian - Lite honey mustard
	Fruit to be selected from seasonally available varieties to include:		Pasta plain penne pasta homemade marinara sauce
	Bananas, Watermelon, Pineapple,	Apples, Oranges, Applesauce Grapes, Canteloupe, Honeydew	
Sandwiches			
Soy nut butter and jelly tuna sandwich			