
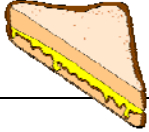


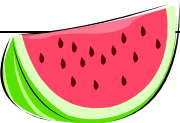
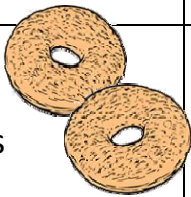


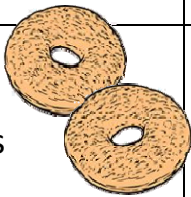




RUACH Plainview - SUMMER 2011 LUNCH MENU

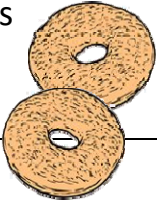


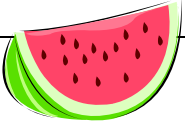
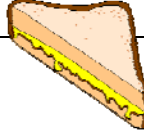
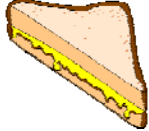

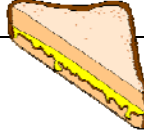


Monday	Tuesday	Wednesday	Thursday	Friday
6/27 1st day Ruach 2011 Pizza Veggie sticks Watermelon 	6/28 Chicken nuggets Yellow rice Cooked carrots	6/29 Grilled cheese Tossed salad Fruit cup 	6/30 Meatball sauce/pasta Corn niblets Pineapple tidbits	7/1 Fish sticks Tater tots potatoes Tossed salad
7/4 No Camp July Fourth Weekend!! 	7/5 Turkey/salami sandwiches Pickles Tossed salad 	7/6 Baked Ziti Israeli salad Applesauce	7/7 Chicken nuggets Yellow rice Cooked carrots	7/8 Pizza Veggie sticks Watermelon 
7/11 Mini bagels Veggie sticks Pineapple chunks 	7/12 Meatballs w/sauce Pasta Corn niblets Pineapple tidbits	7/13 Baked Ziti Israeli Salad Fruit cup 	7/14 Fish sticks French fries Tossed salad	7/15 Pizza Veggie sticks Watermelon 
7/18 Mini bagels Veggie sticks applesauce 	7/19 Turkey/salami sandwiches Pickles Tossed salad 	7/20 Grilled Cheese Israeli salad Jello	7/21 Chicken nuggets French fries Cooked carrots 	7/22 Pizza Veggie sticks watermelon



Ruach Preschool
 Day Camp
 Lunch Menu
 June/July 2011



Whole Wheat Bread is available at all times
 Substitutes available:
 Tuna Fish, American Cheese, Butter, Cream cheese, Jelly,
 Plain Pasta, Vanilla Yogurt
 Bagel Day choices:
 Tuna, Hardboiled egg, cream cheese, American cheese
 AM snack is fresh fruit and cookies or pretzels.
 PM snack is ices or ice cream.

Monday	Tuesday	Wednesday	Thursday	Friday
7/25 Mini bagels Veggie sticks Applesauce 	7/26 Meatball sauce/pasta Corn niblets Pineapple tidbits	7/27 Baked Ziti Israeli salad Jello 	7/28 Turkey/salami sandwiches Pickles Tossed salad 	7/29 Pizza Veggie sticks Watermelon 
8/1 Mini bagels Veggie sticks Applesauce	8/2 Fish sticks French Fries Tossed Salad	8/3 French toast sticks With syrup Tossed salad Pineapple tidbits 	8/4 Grilled cheese Tossed salad Fruit cup 	8/5 Pizza Veggie sticks Watermelon 
8/8 Mini bagels Veggie sticks Pineapple chunks	8/9 NO CAMP TISHA B'AV	8/10 Grilled cheese Tossed salad Fruit cup 	8/11 Chicken nuggets Yellow rice Cooked carrots	8/12 Pizza Veggie sticks Watermelon
8/15 Mini bagels Veggie sticks Fruit cup	8/16 Meatball sauce/pasta Corn niblets Apple sauce 	8/17 Fish sticks French fries Tossed salad	8/18 Pizza Veggie sticks Watermelon  LAST DAY OF CAMP 2011	


Ruach Preschool
Day Camp
Lunch Menu
July/August 2011


Whole Wheat Bread is available at all times
Substitutes available:
Tuna Fish, American Cheese, Butter, Cream cheese, Jelly,
Plain Pasta, Vanilla Yogurt
Bagel Day choices:
Tuna, Hardboiled egg, cream cheese, American cheese
AM snack is fresh fruit and cookies or pretzels.
PM snack is ices or ice cream.