

JCS KOSHER BOXED LUNCH MENU			
Meal 1	Meal 2	Meal 3	Meal 4
1 ea. Tuna Salad Sandwich (2 sl. Whole Wheat Bread, 3 oz. Tuna, 1 tbs. Mayonnaise, ¼ c. Celery and Onions) 4 oz. Apple Juice ½ c. Mixed Fruit 1 pct. Graham Crackers	1 ea. Turkey Sandwich (2 sl. Whole Wheat Bread, 2 sl. Turkey, 1 tbs. Mayonnaise, 1 tbs. Mustard) 1 pct. Baked Chips 4 oz. Orange Juice ½ c. Peaches	1 ea. Chicken Salad Sandwich (2 sl. Whole Wheat Bread, 3 oz. Chicken, 1 tbs. Mayonnaise, ¼ c. Celery and Onions) 1 pct. Whole Wheat Crackers 4 oz. Pineapple Juice ½ c. Pears	1 ea. Roast Beef Sandwich (2 sl. Whole Wheat Bread, 2 sl. Roast Beef, 1 tbs. Mayonnaise, 1 tbs. Mustard) 1 pct. Baked Chips 4 oz. Grape Juice ½ c. Pineapple Chunks

Meals provide a minimum of 1/3 RDA for 70+ Female. Meal Pattern Requirements are as follows: Meat or Meat Alternative: 3 oz Cooked Edible Portion; Vegetables and/or Fruit: 2 ½ c serving; Bread or Bread. Alternate: 2 Serving; Butter or Fortified Margarine: 1 teaspoon; Dessert: ½ c. All juice is 100% juice. Project Title: JCS Kosher Shelf-Stable. Director Ellie Shapiro. Prepared 04/28/10 by Peggy O'Neill MS, RD, LD/N # ND4490 for 07/01/10-12/31/10