







**NUTRITION MENU PLAN  
KOSHER STANDARDIZED MENU**

<b>MENU ITEMS</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>APPETIZER</b> (optional) Juice, soup, other	Apple Juice Enriched w/ Vitamin C	Pineapple Juice Enriched w/ Vitamin C	Apple Juice Enriched w/ Vitamin C	Minestrone Soup	Chicken Vegetable Soup	Orange Juice	Apple Juice enriched w/ Vitamin C
<b>MAIN DISH:</b> Meat, fish, poultry, cheese or alternate 3 oz. cooked edible serving	Turkey Leg roasted w/ Cranberry Sauce	Chicken Leg Baked	Baked Tilapia w/ lemon butter sauce	Broiled Ground Veal Burger	Roasted Chicken Leg	Meat Balls w/ tomato sauce	Barbequed Chicken leg
If served, rice or pasta – ½cup		Rice & Kidney Beans				Spaghetti	Barley & Onions
<b>VEGETABLES &amp; FRUITS*</b> Two (2) half cups required daily	Sweet Potato String Beans	Broccoli	Boiled Potatoes w/ skin Spinach & Diced Carrots	Summer Zucchini Squash Peas & Carrots	Cole Slaw Carrot Tzimmes	Garden Salad	Sliced Dill Carrots
<b>BREAD:</b> (Whole Grain or Enriched) One (1) serving daily.	Rye Bread	Rye Bread	Pumpernickel Bread	Hamburger Roll	Challah Roll	Rye Bread	Whole Wheat Bread
<b>MARGARINE OR BUTTER:</b> One (1) tsp. daily.	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
<b>DESSERT:</b> ½cup daily	Banana	Apple	Apricots	Kiwi	Orange	Nectarine	Watermelon
<b>MILK:</b> 8 oz.	Whole milk	1% Low fat milk	Whole milk	1% Low fat milk	1% Low fat milk	1% Low fat milk	1% Low fat Milk