September 2026 Lunch Menu

TUCSON HEBREW ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Spaghetti w/ Meat, Tomato, Carrot Sauce & Steamed Broccoli (Chilled Cucumber Black Olive Salad)	**2** Baked Potato Bar (Sour Cream, Chives, Salsa, Onion, Shred Cheese) Bean Chili	**3** Hot Dog Day w/ Toppings Bar (Onions, Tomatoes, Sauces) Potato Salad	**4** Pizza Friday w/ Caesar Salad (Hard Boiled Eggs)
7 No School Labor Day	**8** Cheesy Baked Farfalle w/Ricotta and Mascarpone (Steamed Cauliflower)	**9** Turkey Sandwich Bar (Lettuce, Tomato, Ayo, Mustard) w/Cole Slaw	**10** Burger Day (Lettuce, Onion, Toms, sauces) w/ Brown Beans	**11** No School Erev Rosh Hashana
14 Waffle Day w/ Warm Syrup Scrambled Eggs (Berries and Oat porridge)	**15** Pizza w/ Caesar Salad (Hard Boiled Eggs)	**16** Chicken Taco Day (Slow Cooked Chicken, Beans, Lettuce, Tomato, Salsa, Jalapenos) w/ Rice	**17** Baked Macaroni Supreme w/Breadcrumbs and Broccoli	**18** SHABBAT LUNCH Hamorah Orli's Chichen Shawarma w/Rice Pilaf and Broccoli
21 No School Yom Kippur	**22** Spaghetti w/ Meat, Tomato, Carrot Sauce & Steamed Broccoli (Chilled Cucumber Black Olive Salad)	**23** Southwest Veggie Burrito Bowl w/ Guacamole (Stocked Rice, Black Beans, Corn, salsa, Onion, Impossible Beef, shredded cheese)	**24** Pizza Bagel Day (Caesar Salad, steamed Broccoli)	**25** No School Erev Sukkot
28 Sukkot Macaroni and Cheese W/ Green Beans	**29** Sukkot Sukkot BBQ Day (Burgers and Hot Dogs, Potato Salad, French Fries, Rainbow Cauliflower)	**30** Sukkot Pasta Luncheon Family Style (Spaghetti w/ meat, Caesar Salad, Fresh Bread & Butter)		

Served Daily:
Plain Pasta
Fresh Fruit
Salad Bar (Lettuce, Carrots, Cherry Tomatoes, Celery, Cucumber, Pickles, & Rotating Veggie)
Sunflower Butter Sandwiches (Allergy Friendly)
Crackers
Vegan proteins are prepared daily and served in place of cheese or meat upon request