



ת"ס

SCHOOL LUNCH MENU

NOVEMBER 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Pulled Beef
Sliders
Broccoli
Fruit
GF: Tuna & Egg
Salad

4

Spanach
Megdra
Plain Yogurt
Fruit
GF: Tuna & Egg
Salad

5

Pasta Pesto
(Nut-Free)
Plain Pasta
Tomatoes
Fruit
GF: Tuna & Egg
Salad

6

French Toast
Strawberry
Yogurt
Corn Nibbles
Fruit
GF: Tuna & Egg
Salad

7

Pizza
(GF Available)
GF: Tuna & Egg
Salad

10

Chicken Tenders
Roasted Potatoes
Baby Carrots
GF: Tuna & Egg
Salad

11

Spanach
Megdra
Plain Yogurt
Fruit
GF: Tuna & Egg
Salad

12

Chick Patties
Penne
Vodka/Plain
Noodles
Cucumbers
GF: Tuna & Egg
Salad

13

Waffles
Flavored Yogurt
Breakfast
Potatoes
GF: Tuna & Egg
Salad

14

Pizza
(GF Available)
GF: Tuna & Egg
Salad

17

Meatballs &
White Rice
Broccoli
Fruit
GF: Tuna & Egg
Salad

18

Spanach
Megdra
Plain Yogurt
Fruit
GF: Tuna & Egg
Salad

19

Fish Sticks
Mac &
Cheese/Plain
Pasta
Veggies/Fruit
GF: Tuna & Egg
Salad

20

Falafel & Pita
Bread
Israeli Salad
Pickles
Fruit
GF: Tuna & Egg
Salad

21

Pizza
(GF Available)
GF: Tuna & Egg
Salad

24

Pulled Beef
Sliders
Broccoli
Fruit
GF: Tuna & Egg
Salad

25

Spanach
Megdra
Plain Yogurt
Fruit
GF: Tuna & Egg
Salad

26

Pasta Pesto
(Nut-Free)
Plain Pasta
Tomatoes
Fruit
GF: Tuna & Egg
Salad

27

NO SESSIONS

Thanksgiving

28

*All food allergies are taken into consideration and will be handled carefully.
*Subject to change based on availability.





5302 21ST AVENUE BROOKLYN NY 11204 | TEL 718.998.7473 FAX 718.758.3551 | BARKAIYESHIVAH.ORG
BARKAI HIGH SCHOOL 1945 MCDONALD AVENUE BROOKLYN NY 11223 | 718.650.6002

NOTICE TO PARENTS AND COMMUNITY MEMBERS Opportunity to Participate in School Wellness Policy

The school invites parents, guardians, staff, and community members to participate in the development, review, update, and implementation of the Local School Wellness Policy.

If you are interested in serving on the wellness committee or providing input, please contact the School Food Authority (SFA) / Main Office to express your interest.

The policy and meeting information are available upon request through the school's main office.

Nondiscrimination Statement: This explains what to do if you believe you have been treated unfairly.

In accordance with federal civil rights law and USDA civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410; or
2. **fax:**
(202) 690-7442; or
3. **email:**
program.intake@usda.gov

This institution is an equal opportunity provider.



5302 21ST AVENUE BROOKLYN NY 11204 | TEL 718.998.7473 FAX 718.758.3551 | BARKAIYESHIVAH.ORG
BARKAI HIGH SCHOOL 1945 MCDONALD AVENUE BROOKLYN NY 11223 | 718.650.6002

Local School Wellness Policy

Section I — Purpose and Commitment

This Local School Wellness Policy is adopted in accordance with Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296), which requires all School Food Authorities participating in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) to maintain a written wellness policy that addresses nutrition promotion, nutrition education, physical activity, and other school-based activities designed to promote student wellness.

The purpose of this policy is to support the health, nutrition, and overall well-being of all students, promote lifelong healthy habits, and ensure full compliance with all USDA and New York State Child Nutrition Program requirements.

The School is committed to:

- Providing an environment that supports healthy eating and physical activity;
- Ensuring that school meals meet or exceed USDA nutrition standards;
- Aligning all wellness practices with federal, state, and local regulations;
- Implementing this policy with fidelity and reviewing it at least once every three years, as required.

Section II — Goals for Student Wellness

A. Nutrition Promotion

The School will promote participation in the National School Lunch and Breakfast Programs and encourage the selection of nutritious foods consistent with USDA meal pattern requirements. The School will ensure that nutrition messaging is consistent, evidence-based, and visible wherever meals are served.

B. Nutrition Education

Nutrition education will be provided as part of the existing curriculum or classroom experience to support healthy eating habits and reinforce the benefits of balanced nutrition.

Instruction will be age-appropriate and aligned, where applicable, with New York State learning standards.

C. Physical Activity

The School will provide students with opportunities for regular physical activity during the school day and will not use the denial of physical activity as a form of punishment. Physical activity may include recess, movement breaks, or other structured or supervised activities appropriate to the age group.

D. Other School-Based Activities to Promote Wellness

The School will support a healthy school environment by aligning wellness practices with federal and state regulations, ensuring access to safe drinking water during meal service, and providing a setting that encourages positive nutrition and wellness behaviors.

Section III — Nutrition Guidelines

A. Foods and Beverages Sold During the School Day

All foods and beverages sold to students during the school day, including through the National School Lunch Program (NSLP), School Breakfast Program (SBP), a la carte sales, school stores, and fundraisers occurring during school hours, will comply with all USDA Smart Snacks in School nutrition standards.

B. Foods and Beverages Available but Not Sold (Classroom / Events / Staff-Provided)

Foods and beverages that are provided to students but not sold (e.g., classroom celebrations, holiday events, birthday treats, or staff-distributed snacks) may be permitted on an occasional basis, provided they occur outside of meal service times and do not replace a reimbursable school meal. The School will encourage items that support healthy habits without imposing additional restrictions beyond USDA requirements.

C. Foods and Beverages Outside of School Hours

Food and beverage items available to students at events held after the end of the school day (e.g., evening programs, community events) are not subject to USDA Smart Snacks standards; however, the School encourages responsible choices where feasible.

D. Water Access

The School will ensure that free, potable drinking water is available to students during meal service, as required by USDA regulations.

Section IV — Food and Beverage Marketing

The School will permit the marketing or promotion of only those foods and beverages that meet USDA Smart Snacks in School standards during the school day. This includes any logos, branding, signage, displays, printed materials, digital media, or incentive-based promotions

visible to students on campus.

The School does not permit advertising or promotion of foods or beverages that do not meet these nutrition standards during the school day.

Section V — Implementation, Review, and Public Notification

The School Administrator or a designee shall be responsible for implementing this Local School Wellness Policy and ensuring ongoing compliance with federal and state requirements.

This policy will be reviewed at least once every three years, as required by the USDA triennial assessment requirement. The assessment will evaluate compliance with the policy, progress toward goals, and whether updates are needed to meet current regulations or school needs.

The Local School Wellness Policy will be made available to the public upon request and, when feasible, posted on the School's website or included in general school communications.

Approved by: Evie Caracocly

Title: Food service Coordinator

Date: 9/3/2025

Section VI — Adoption and Approval

This Local School Wellness Policy is formally adopted by the School Food Authority (SFA) and will remain in effect until modified or replaced in accordance with USDA regulation. The SFA affirms its commitment to implement this policy with fidelity and ensure ongoing compliance.

Approved by: Evie Caracocly

Title: Food Service Coordinator

Date: 9/3/2025

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov.

This institution is an equal opportunity provider.