

## SCHOOL PROVIDED LUNCH

- Cost is \$3.25 per day per child for selected days on monthly lunch calendars
- Milk is available for children who bring their lunch, cost is .75 per day – you child will pay for milk in the classroom

### DIRECTIONS FOR SIGN UP

1. Use this menu to choose days you will purchase lunch for \$3.25 per day.
2. Call 929-9325 and ask for the lunch line, ex. 14, fax your choices to 929-9384 or sign up online at [www.traversechildrenshouse.org/lunch\\_menu.asp](http://www.traversechildrenshouse.org/lunch_menu.asp)
3. Four days advance notice is appreciated. No cancellations will be accepted the day of.
4. You will be billed based upon this order. Monthly billing periods ends on the 25<sup>th</sup> of each month.

**NAME:** \_\_\_\_\_ **CLASS:** \_\_\_\_\_

### January 26 – February 24

Chinese New Year, Carrots, India and Mardi Gras- WHEW!

			1/26 Gung Hay Fat Choy!  Chicken Fried Rice Oranges Milk	1/27*  Carrot Top Soup Fresh fruit and bread Milk
1/30*	1/31*	2/1	2/2*	2/3
Cheese pizza Fresh Fruit and Veggies Milk	Carrot Breakfast Pancakes Applesauce Milk	Chicken Carrot Pilaf Fresh fruit Milk	Mac N Cheese Fresh Fruit and Veggies Milk	White Chicken Chili Fresh bread and fruit Milk
2/6*	2/7*	2/8	2/9*	2/10*
Cheese pizza Fresh Fruit and Veggies Milk	"Paneer Dosa" Savory Indian Crepes Fresh Fruit Milk	Chicken Vindaloo with Naan Fresh fruit and veggies Milk	"Kitchari" Indian Rice and Vegetable Dish Fresh fruit Milk	"Thupa" Indian Tomato Noodle soup Fresh fruit and bread Milk
2/13*	2/14*	2/15	2/16	2/17
Cheese pizza Fresh Fruit and Veggies Milk	"Pain Perdu" Baked French Toast Fresh fruit and veggies Milk	Muffaletta (salami and cheese sandwich) Fruit and Veggies Milk	Chicken and Sausage Jambalaya Fresh Veggies and Fruit Milk	No School
2/20	2/21*	2/22*	2/23*	2/24*
No School	Cheese pizza Fresh Fruit and Veggies Milk	Red Beans and Rice Fresh fruit and veggies Milk	Baked Spaghetti Fresh fruit and veggies Milk	Creamy Cauliflower Cheddar Soup Fresh fruit and bread Milk

**Please return monthly orders to the front desk by Monday, January 23. Allow 4 days notice for changes or additional lunches.**

Each lunch contains a starch, protein, vegetable, and fruit either within the dish or on the side. Every effort is made to use as much fresh product as possible in order to gain the most nutritional value from the ingredients. Fruit and veggies are not specified as to allow for the freshest products available that week to be used. It is our goal to incorporate as much locally grown and harvested products into our daily meals as possible.

**Local Farms and Businesses:** Maple Ridge Farms, Sleeping Bear Farms, Brown's Orchards, That'sa Pizza, Chez Peres, Gallagher's, Moomer's, and the Children's House Gardens.