

## 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:** \_\_\_\_\_

## September 26- October 25

### LUNCH MENU FOR WEEKS

|   |  |   |   |  |
|---|--|---|---|--|
| 9/26*   | 9/27   | 9/28*   | 9/29*   | 9/30   |
| Cheese Pizza<br>Fresh Fruit and Veggies<br>Milk | Breakfast Casserole<br>Fresh fruit and Veggies<br>Milk   | Cheese Quesadillas<br>Fresh fruit and Veggies<br>Milk             | Baked Spaghetti<br>Fresh Fruit and Veggies<br>Milk                | Chicken Corn Chowder<br>Fresh Fruit and Bread<br>Milk              |
| 10/3*   | 10/4*  | 10/5*   | 10/6  | 10/7*  |
| Cheese pizza<br>Fruit and Veggies<br>Milk       | Apple Cinnamon Bread<br>Pudding<br>Fresh Fruit and veggies<br>Milk   | Grilled Cheese<br>Applesauce<br>Fresh Veggies<br>Milk             | Chicken Fried Rice<br>Fresh Fruit<br>Milk                         | Three Bean Chili<br>Fresh Fruit and Corn<br>Bread<br>Milk          |
| 10/10*  | 10/11  | 10/12   | 10/13*  | 10/14  |
| Cheese pizza<br>Fruit and Veggies<br>Milk       | Traditional Polish<br>Breakfast<br>(hard boiled eggs,<br>assorted veggies,<br>cheese, and meat)<br>Fresh Fruit<br>Milk | Kopytka<br>(potato noodles)<br>Fresh Fruit and<br>Veggies<br>Milk | Pierogi<br>(potato and cheese)<br>Fresh Fruit and Veggies<br>Milk | Borsch<br>(traditional beet soup)<br>Fresh Bread and Fruit<br>Milk |
| 10/17*  | 10/18*   | 10/19*  | 10/20*  | 10/21  |
| Cheese pizza<br>Fruit and Veggies<br>Milk       | Bagels and Cream Cheese<br>Fruit Smoothies<br>Fresh Veggies<br>(Milk available)  | Black Bean Burritos<br>Fresh Fruit and veggies<br>Milk            | Calzones<br>Fresh Fruit and veggies<br>Milk                       | No School  |
| 10/24   | 10/25*   |   |   |  |
| No School<br>Childcare Only<br>No Lunch         | Cheese pizza<br>Fruit and Veggies<br>Milk  |   |   |  |

**Please return monthly orders to the front desk by Friday, September 23rd. 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, Murray's, Brown's Orchards, That'sa Pizza, Chez Peres, and the Children's House Gardens.