

# 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 7-23** LUNCH MENU FOR WEEKS

<b>9/5</b>  Labor Day	<b>9/6</b>  No Lunch	<b>9/7*</b>  Cheese Pizza  Fresh Fruit and Veggies  Milk	<b>9/8*</b>  Pesto Pasta with Parmesan  Fresh Fruit and Veggies  Milk	<b>9/9*</b>  Gazpacho  Corn Chips  Fresh Fruit  Milk
<b>9/12*</b>  Cheese pizza  Fruit and Veggies  Milk	<b>9/13*</b>  Blueberry Pancakes  Fresh Veggies  Milk	<b>9/14*</b>  Ratatouille over Cous Cous  Fresh Fruit Milk	<b>9/15*</b>  Cucumber and Cream Cheese sandwiches  Fresh Fruit Milk	<b>9/16*</b>  Tomato Basil Soup  Fresh Fruit and Bread  Milk
<b>9/19*</b>  Cheese pizza  Fruit and Veggies  Milk	<b>9/20*</b>  Bagels and Cream Cheese  Fruit Smoothies Fresh Veggies  (Milk available)	<b>9/21</b>  Turkey Meatballs  Roasted Root Veggies  Fresh Fruit  Milk	<b>9/22*</b>  Veggie Potpie  Fresh Fruit  Milk	<b>9/23</b>  Chicken Noodle Soup  Fresh bread and fruit  Milk

**Please return monthly orders to the front desk by Thursday, September 2nd. 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, Duerksen, Murray's, Brown's Orchards, That'sa Pizza, Chez Peres, and the Children's House Gardens.