

Announcing the 2010-11 Lunch Menus!

We are excited about our new lunch menus. We have hired local caterer, Suman, to prepare our school lunches. As you will see, the menu is healthy and includes different ethnic choices. The cost will remain \$4.00 per lunch. Please check off the order form if we need to make changes for no meat, no cheese, or no nuts.

CPSC Lunch Menu

Weeks of July 19 & 26

Lunches must be pre-paid (\$4 per lunch) and ordered by **WEDNESDAY, JULY 14!!**

***Please note: late lunch orders will not be accepted—really.*

Mon., July 19	Tue., July 20	Wed., July 21	Thur., July 22	Fri., July 23
Grilled Chicken and Vegetables in Pita Fig bar* Milk or water	Whole-grain Pasta Salad with Vegetables and cheese Fresh Fruit Grape Juice** or water	Spinach Spanikopitas with sliced cucumbers and tomatoes Yogurt (home-made) with fruit and honey Milk or water	Turkey, Ham, Cheese Sub, with lettuce and tomato Chocolate pudding* Grape Juice** or water	Chicken Salad with lettuce, tomatoes and Vegetable crackers Fresh fruit Milk or water
Mon., July 26	Tue., July 27	Wed., July 28	Thur., July 29	Fri., July 30
Tuna Salad on Whole wheat bread with lettuce and tomato Dried fruit (contains nuts) Orange juice** Or water	Cream Cheese* on Cinnamon/Raisin Bread Fresh fruit Milk or water	Vegetable and Cheese Quesadilla with Salsa Yogurt (homemade) with fruit and honey OJ** or water	Pizza (Home-made) Vegetable or Pepperoni with green salad Chocolate/vanilla Pudding* Milk or water	Whole-grain Pasta Salad with Vegetables and cheese Trail mix (contains nuts) OJ** or water

Trail Mix: this contains raisins, almonds, cashews and 3 M&Ms per serving
Dried Fruit Mix: besides 6-7 dried fruits, this contains peanuts, almonds, walnuts
Mayo will be lowfat
* = Fat free
** = sugar free

PLEASE USE OTHER SIDE TO ORDER LUNCHES!

The cost of lunch is \$4.00 per day.

We may not accept late pre-orders for lunch this year.
If your child forgets their lunch, their teacher will call you so that you can bring them one.

Please place a check below to indicate which day(s) you will need lunch.

<u>WEEK 1:</u>	<u>WEEK 2:</u>
<input type="checkbox"/> Mon, July 19 <input type="checkbox"/> no meat	<input type="checkbox"/> Mon. July 26 <input type="checkbox"/> no nuts
<input type="checkbox"/> Tue. July 20 <input type="checkbox"/> no cheese	<input type="checkbox"/> Tue. July 27
<input type="checkbox"/> Wed, July 21	<input type="checkbox"/> Wed. July 28
<input type="checkbox"/> Thur. July 22 <input type="checkbox"/> no meat	<input type="checkbox"/> Thur. July 29 (choose one below) <input type="checkbox"/> veggie <input type="checkbox"/> pepperoni
<input type="checkbox"/> Fri. July 23 <input type="checkbox"/> no meat	<input type="checkbox"/> Fri. July 30 <input type="checkbox"/> no nuts

Student Name _____ Teacher _____

Total # of lunches _____ Total amount enclosed \$ _____
(cash or check to CPSC)

LUNCH ORDERS ARE DUE BY JULY 14

-----**CUT HERE and KEEP BOTTOM PORTION**-----

You may keep this portion to remind you of the days you purchased lunch for your child. Just put an X on the days you ordered lunches and stick this on your refrigerator!

	MON	TUE	WED	THUR	FRI
Week of July 19:	_____	_____	_____	_____	_____
Week of July 26:	_____	_____	_____	_____	_____