

Saint Teresa's Hot Lunch Program: March 2017

Please check off the days and meal choice you would like your child to receive. *Descriptions of all the meals are on the back. Lunch forms are due back Monday, February 27, 2017.*

Mon	Tues	Wed	Thurs	Friday
		1 #3 Chicken Quesadilla ___ #1 Cheese Quesadilla ___ Ranch ___ BBQ ___ Sour cream ___ Continental lunch _____	2 #3 Hamburger ___ #1 Hot Dog ___ Continental lunch _____	3 #2 Cheese Ravioli w/applesauce _____ #2 Macaroni and cheese w/applesauce _____ Continental lunch _____
6 #2 2 pancakes 1 sausage ___ #3 3 pancakes 2 sausage ___ Continental lunch _____	7 #3 cheese steak and Chips ___ #1 Grilled Cheese and Chips ___ Continental lunch _____	8 #3 Chicken Quesadilla ___ #1 Cheese Quesadilla ___ Ranch ___ BBQ ___ Sour cream ___ Continental lunch _____	9 #3 Hamburger ___ #1 Hot Dog ___ Continental lunch _____	10 #2 Cheese Ravioli w/applesauce _____ #2 Macaroni and cheese w/applesauce _____ Continental lunch _____
13 #2 2 pancakes 1 sausage ___ #3 3 pancakes 2 sausage ___ Continental lunch _____	14 #3 cheese steak and Chips ___ #1 Grilled Cheese and Chips ___ Continental lunch _____	15 #3 Chicken Quesadilla ___ #1 Cheese Quesadilla ___ Ranch ___ BBQ ___ Sour cream ___ Continental lunch _____	16 #3 Hamburger ___ #1 Hot Dog ___ Continental lunch _____	17 #2 Cheese Ravioli w/applesauce _____ #2 Macaroni and cheese w/applesauce _____ Continental lunch _____
20 #2 2 pancakes 1 sausage ___ #3 3 pancakes 2 sausage ___ Continental lunch _____	21 #3 cheese steak and Chips ___ #1 Grilled Cheese and Chips ___ Continental lunch _____	22 #3 Chicken Quesadilla ___ #1 Cheese Quesadilla ___ Ranch ___ BBQ ___ Sour cream ___ Continental lunch _____	23 #3 Hamburger ___ #1 Hot Dog ___ Continental lunch _____	24 #2 Cheese Ravioli w/applesauce _____ #2 Macaroni and cheese w/applesauce _____ Continental lunch _____
27 #2 2 pancakes 1 sausage ___ #3 3 pancakes 2 sausage ___ Continental lunch _____	28 #3 cheese steak and Chips ___ #1 Grilled Cheese and Chips ___ Continental lunch _____	29 #3 Chicken Quesadilla ___ #1 Cheese Quesadilla ___ Ranch ___ BBQ ___ Sour cream ___ Continental lunch _____	30 #3 Hamburger ___ #1 Hot Dog ___ Continental lunch _____	31 #2 Cheese Ravioli w/applesauce _____ #2 Macaroni and cheese w/applesauce _____ Continental lunch _____

Child's Name _____
 Grade _____
 Total Amount: _____

#1 Lunches _____ x \$3.00= _____
 #2 Lunches _____ x \$3.50= _____
 #3 Lunches _____ x \$4.00= _____

Continental _____ x \$3.25= _____

Hey guys,

We at Flat Waves want to thank you for trusting us to provide lunch for your children. We take our responsibility to provide a healthy, balanced, enticing and low cost lunch to our school families very seriously, and so we are constantly researching and testing new recipes.

The chefs here at Flat Waves are moms and dads too, and do our very best to create choices that we can be proud of, and you, and your children can be excited about. We serve nothing that is deep fried, and make sure that your children have fresh fruit, vegetable and even yogurt options daily. All sauces served with your meals are made, with love, right here in house; the marinara recipe was handed down by Chef Andrea's nonnie!

Please read our menu, chose what you and your child love the most and don't hesitate to call us with any feedback, questions or suggestions on how we can make your school lunch even better!

Meal Choice Descriptions

Continental Lunch: A plain bagel with cream cheese available, 1 banana and a Go-gurt

Grilled Hamburgers: 100% Angus ground beef on a bulkie roll served with available ketchup, mustard, lettuce, cheese and house made pickles with a side of fresh fruit or vegetable.

Hot Dogs: Oscar Meyer all beef hot dogs on a split top roll served with available ketchup, mustard, with a side of fresh fruit or vegetable.

Chicken Quesadilla: Mexican blend cheese with fresh grilled chicken on a toasted tortilla, served with a choice of ranch, BBQ, or, sour cream dipping sauce with a side of fresh fruit or vegetable.

Cheese Quesadilla: Mexican blend cheese on a toasted tortilla, served served with a choice of ranch, BBQ, or, sour cream dipping sauce with a side of fresh fruit or vegetable.

Grilled Cheese: American cheese grilled on white bread, served with chips.

Breakfast: Griddle cooked pancakes with syrup for dipping! Comes with grilled sausage links and a "go-gurt"

Cheese Ravioli: Fresh cheese ravioli served with muscleman applesauce and homemade marinara dipping sauce & applesauce.

Macaroni and Cheese: Our own house mac and cheese made fresh daily by our Flat Waves chefs! Served with muscleman applesauce.

Shaved Cheese Steak Sandwich: Grilled cheese steak served on a hoagie, served with chips.