

# HEALTHY WEDNESDAYS

We will be offering an additional lunch option on Wednesdays from September 18<sup>th</sup> – December 18<sup>th</sup>. The cost is \$8.00 per Wednesday lunch. We have again partnered with a local chef, Christopher Chaput, to make a different healthy lunch, each week, from locally sourced meats. We will also offer optional take-home foil pans for families to be taken home the same day for the cost of \$15.00 per ready to heat foil pan (8.5”x6”x2”; about the size of 4 cakes/burgers per pan). Your child’s order will be delivered to their classroom. Just fill out the form below (one per family) and return it to Mrs. Parker in the office. All forms, with payment, must be returned by **Friday September 6, 2019**. To learn more about these options, and their pricing, contact Katherine Furtado at [kfurtado@friendsacademy1810.org](mailto:kfurtado@friendsacademy1810.org) or 508-999-1356 ext.1104.

**Healthy menu for Fall 2019 (all on Wednesdays):**

- September 18<sup>th</sup> – Tomato, Basil & Mozzarella Grilled Cheese
- September 25<sup>th</sup> – Chicken & Vegetable Kabobs
- October 2<sup>nd</sup> – Vegetable Empanadas
- October 16<sup>th</sup> – Turkey & Rice Stuffed Peppers
- October 23<sup>rd</sup> – Baked Fish & Chips
- October 30<sup>th</sup> – Tomato, Basil & Mozzarella Grilled Cheese
- November 6<sup>th</sup> - Chicken & Vegetable Kabobs
- November 13<sup>th</sup> - Vegetable Empanadas
- November 20<sup>th</sup> – Turkey & Rice Stuffed Peppers
- December 4<sup>th</sup> – Baked Fish & Chips
- December 11<sup>th</sup> –Tomato, Basil & Mozzarella Grilled Cheese
- December 18<sup>th</sup> – Chicken & Vegetable Kabobs

Any questions? Please contact Katherine Furtado at 508-999-1356 ext.1104 or by email at [kfurtado@friendsacademy1810.org](mailto:kfurtado@friendsacademy1810.org)

Name: \_\_\_\_\_ Homeroom: \_\_\_\_\_

Name: \_\_\_\_\_ Homeroom: \_\_\_\_\_

Name: \_\_\_\_\_ Homeroom: \_\_\_\_\_

Name: \_\_\_\_\_ Homeroom: \_\_\_\_\_

Healthy lunch: \_\_\_\_\_ (number of students) x \$8.00 x 12 days (# of days for the fall) = \$ \_\_\_\_\_

**Please Make Checks payable to Friends Academy**

**TAKE-HOME ENTREES \$15.00/each:** Order ahead only. Indicate quantity below. Entrees are served in a ready to heat foil pan 8.5"x6"x2" (4 cakes/burgers per pan). Pulled Pork is served in a 24 oz container of pork only. Items should be picked up from the canteen the same day. Any items not picked up by Friday will be disposed of.

Tomato, Basil & Mozzarella Grilled Cheese and Potato salad (Sept. 18<sup>th</sup>) \_\_\_\_\_

Chicken & Vegetable Kabobs and Cucumber & Tomato salad (Sept. 25<sup>th</sup>) \_\_\_\_\_

Vegetables Empanadas and Cabbage salad (Oct. 2<sup>nd</sup>) \_\_\_\_\_

Turkey and Rice Stuffed peppers and Green salad (Oct. 16<sup>th</sup>) \_\_\_\_\_

Baked Fish & Chips (Oct. 23<sup>rd</sup>) \_\_\_\_\_

Tomato, Basil & Mozzarella Grilled Cheese and Potato salad (Oct.30<sup>th</sup>) \_\_\_\_\_

Chicken & Vegetable Kabobs and Cucumber & Tomato salad (Nov.6<sup>th</sup>) \_\_\_\_\_

Vegetables Empanadas and Cabbage Salad (Nov. 13<sup>th</sup>) \_\_\_\_\_

Turkey and Rice Stuffed Peppers and Green salad (Nov. 20<sup>th</sup>) \_\_\_\_\_

Baked Fish & Chips (Dec. 4<sup>th</sup>) \_\_\_\_\_

Tomato, Basil & Mozzarella Grilled Cheese and Potato salad (Dec. 11<sup>th</sup>) \_\_\_\_\_

Chicken & Vegetable Kabobs and Cucumber & Tomato salad (Dec. 18<sup>th</sup>) \_\_\_\_\_

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