

Lunch Bunch 2010-2011

The preschool day begins at 9:30 a.m. and ends at 12:30 p.m. ALL preschoolers can extend their day and eat lunch with friends. Please send in a dairy lunch that does not require refrigeration or heating.

TIME: 12:30 –1:15 p.m.

COST: \$7 per day

DETAILS: Lunch bunch begins September 15 and usually will be available 4 days a week (Monday–Thursday). Lunch Bunch will not take place on the eve of a holiday, and staff meeting days. These dates will be noted on the Lunch Bunch month’s sign up form.

ENROLLMENT: Space is unlimited—all children may stay for lunch. You may notify us the morning of or sign up in advance on the monthly Lunch Bunch Sign Up form along with your payment. This form will be sent home in your child’s backpack each month.



LUNCH BUNCH VOUCHER

PLEASE PROVIDE TO YOUR CHILD'S
TEACHER FOR ANY LUNCH BUNCH
TIME 12:30 — 1:15 p.m.

Good for
ONE
LUNCH BUNCH
for one
child.



עץ חיים
Etz Hayim
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VEGETARIAN GOOD EATING IDEAS

Chick peas	Seasoned tofu	Fruit leather
Kidney beans	Tofu/Soy Pups	Dried fruits (apricot, raisins, craisins, prunes)
Beans & Rice	Tuna fish sandwiches	Egg salad
Cut vegetables- plain or with dip (broccoli, red pepper, carrots)	Cut Fruit (grapes, strawberries, melon, blueberries, apple, banana)	Vegetarian Chili
Yogurt Rice Cakes	Peanut butter and jelly sandwich	Fig Newtons Boca Burger cooked then refrigerated
Grape tomatoes	Crackers	“Pirates Booty” Puffs
Pitas	Avocado	Goldfish
Hommus	Pitted olives	Fish Sticks
Babganoush	Hard-boiled eggs	Mac n’ Cheese
Applesauce	Milk	Pasta with broccoli
Pasta with canned seasoned tomatoes	Tomato juice	Celery sticks with cream cheese and raisins
Fried Zucchini sticks	Orange juice	Pretzels
Cheese sticks		

PIZZA WEDNESDAYS

For an additional charge of \$4.00, Etz Hayim Preschool will provide your child with a pizza lunch. This will include pizza, fruit, drink and small dessert.

In order for us to plan accordingly, please notify of your intent before hand. On a last minute basis, children are eligible to have the pizza lunch if there is space available.

Any questions,

Janice Kimmelman

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