



# Lunch Bunch 2015-2016

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. We are a peanut and tree nut free school.

**TIME: 12:30 –1:15 p.m.**

**COST: \$8 per day**

**DETAILS:** Lunch bunch begins Monday, September 10<sup>th</sup> and usually will be available 4 days a week (Monday–Thursday). Lunch Bunch will not take place on the eve of a holiday, and these dates will be noted on the Lunch Bunch registration form.



**ENROLLMENT:** Space is unlimited—all children may stay for lunch. You may register in advance, on a monthly basis, by completing and sending in (along with your payment) the Lunch Bunch Registration Form. This form will be sent home in your child’s backpack each month. Please let us know at least 2 school days in advance if your child is staying for lunch so we can provide appropriate staffing. You may also add lunch bunch to your monthly tuition and save 20% off the drop-in rate.

### 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	Sunbutter 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 will provide your child with lunch. This will include pizza, fruit, beverage, and dessert.

In order for us to plan accordingly, please notify of your intent before hand. On last minute basis, children are eligdable to have the pizza lunch provided quantities are available.

### What do we mean when we say peanut and tree nut free?

When packing lunches, please do not pack anything that contains or may contain peanuts or tree nuts, this includes things such as peanut butter and almond butter, some granola bars and other pre-packaged foods. Food processed in a shared facility are okay, but if a label reads *may contain (or contains) tree nuts or peanuts*, it will be disposed of immediately.