

# HEALTHY WEDNESDAYS

We will be offering an additional lunch option on Wednesdays from January 9, 2019 – May 29, 2019. 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 **Wednesday December 19, 2018**. 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 2019 (all on Wednesdays):**

- |   |  |
|---|--|
| January 9 <sup>th</sup> – Lasagna                 | April 3 <sup>rd</sup> – Chicken over rice    |
| January 16 <sup>th</sup> – Chicken enchiladas     | April 10 <sup>th</sup> – Crispy fish filets  |
| January 23 <sup>rd</sup> – Pulled pork sandwiches | April 17 <sup>th</sup> – Lasagna             |
| January 30 <sup>th</sup> – Baked ziti             | April 24 <sup>th</sup> – Chicken enchiladas  |
| February 6 <sup>th</sup> – Chicken over rice      | May 1 <sup>st</sup> – Pulled pork sandwiches |
| February 13 <sup>th</sup> – Crispy fish filets    | May 8 <sup>th</sup> – Baked ziti             |
| February 20 <sup>th</sup> – Lasagna               | May 15 <sup>th</sup> – Chicken over rice     |
| February 27 <sup>th</sup> – Chicken enchiladas    | May 22 <sup>nd</sup> – Crispy fish filets    |
| March 6 <sup>th</sup> – Pulled pork sandwiches    | May 29 <sup>th</sup> – Lasagna               |
| March 27 <sup>th</sup> – Baked ziti               |  |

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 19 days (# of days for the year) = \$\_\_\_\_\_

**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.

Lasagna (Jan 9<sup>th</sup>) \_\_\_\_\_

Chicken enchiladas (Jan 16<sup>th</sup>) \_\_\_\_\_

Pulled pork (Jan 23<sup>rd</sup>) \_\_\_\_\_

Baked ziti (Jan 30<sup>th</sup>) \_\_\_\_\_

Chicken over rice (Feb 6<sup>th</sup>) \_\_\_\_\_

Crispy fish filets (Feb 13<sup>th</sup>) \_\_\_\_\_

Lasagna (Feb 20<sup>th</sup>) \_\_\_\_\_

Chicken enchiladas (Feb 27<sup>th</sup>) \_\_\_\_\_

Pulled pork (March 6<sup>th</sup>) \_\_\_\_\_

Baked ziti (March 27<sup>th</sup>) \_\_\_\_\_

Chicken over rice (April 3<sup>rd</sup>) \_\_\_\_\_

Crispy fish fillets (April 10<sup>th</sup>) \_\_\_\_\_

Lasagna (April 17<sup>th</sup>) \_\_\_\_\_

Chicken enchiladas (April 24<sup>th</sup>) \_\_\_\_\_

Pulled pork (May 1<sup>st</sup>) \_\_\_\_\_

Baked ziti (May 8<sup>th</sup>) \_\_\_\_\_

Chicken over rice (May 15<sup>th</sup>) \_\_\_\_\_

Crispy fish fillets (May 22<sup>nd</sup>) \_\_\_\_\_

Lasagna (May 29<sup>th</sup>) \_\_\_\_\_

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