

OUR LADY OF THE LAKE SCHOOL LUNCH SERVICE
2009-2010 SCHOOL YEAR
Trimester 2

Second trimester sign-up for the 2009-2010 school year is now open. Registration information is posted on the school website and through emails sent directly to participating families. Thank you families who signed up for lunch this past trimester. And a special thanks again to all of the great lunch service volunteers!

The following is the sign-up schedule:

October 16	Lunch forms available on the school website
October 16	Lunch sign-up begins
October 19	Lunch forms emailed to participating families
November 13	Lunch sign-up period closes for Trimester 2
November 13	Forms and payment due
November 30	2nd Trimester lunch begins

Late registrations will be reserved for new families to the school and those with special circumstances.

There have been some changes in the registration and payment policy. Please note the following:

- The Excel lunch registration form will continue to be utilized. The lunch form will be available on the school library computer and we will provide some special help one afternoon during registration.
- Payment can be made with check (issued to Four Seasons Flavor) or credit card. If you choose credit card, please write/type your card number and expiration date on the last page of the registration form.
- We will continue an installment plan for payment. You will need to place your full order for the trimester. You will also need to use a credit card and authorize Four Seasons Flavor to charge your card on three specific installment dates. A special form for this plan is available on the PTC website and in your email attachments.
- We continue to work with the school office to determine if there are any multiple-day field trips planned. As there are none for this next trimester, there will not be a special lunch registration. However, we do understand that there are multiple-day trips planned for the spring. For the third trimester, we will have special lunch registration forms for those participating in those events that reflect the multiple lunch days missed. Stay tuned for more information about this.

- Registration forms and payment may be turned into the school office or mailed to: Four Seasons Flavor, 1001 NW Lovejoy Street #405, Portland, OR 97209 or emailed to kbb@fourseasonsflavor.com.

MENU DESCRIPTION:

MONDAY:

Hamburger or Cheeseburger
Sandwich (Turkey or Tuna)
Salad Bar
Hummus and Pita (separate from the salad bar)
Kettle Chips (Lightly Salted)

A Highland Oak Farm ¼ # beef hamburger or cheeseburger served on a white bun. Lettuce pickles and condiments are available. A gluten-free hamburger bun is an option for a small additional charge. Sandwich choices include deli-style turkey, or *tuna (contains onion)* made on white or wheat bread. Salad bar comes in two sized servings and contains lettuce, veggies, fruit (seasonal fresh and/or canned Truitt Brother pears). Salad bar is served by the parent volunteers vs. self-serve. A 4 oz. portion of house-made hummus is served with ½ of a pita round. Lightly salted Kettle Chips are an individual 2 oz. bag.

TUESDAY:

Taco or Burrito
Sandwich (Turkey or Tuna)
Salad Bar
Hummus and Pita (separate from the salad bar)
Kettle Chips (Lightly Salted)

Soft flour tortilla burrito or make-your-own crispy corn taco filled with chicken or ground beef, cheese and lettuce. Burritos also have refried (vegetarian) beans as part of the filling. Chips (free of trans-fat and preservatives, of course!), salsa and rice are optional selections included in the taco or burrito price. Vegetarian option includes a bean and cheese burrito. Please see Monday's description for sandwich, salad bar, hummus and pita, and Kettle Chips.

WEDNESDAY:

Pasta (meat, marinara, pesto, noodles and cheese)
Sandwich (Turkey or Tuna)
Salad Bar
Hummus and Pita (separate from the salad bar)
Kettle Chips (Lightly Salted)

Durum semolina served with a hearty meat sauce (beef), marinara, or pesto topped with Parmesan cheese. **Pesto does not contain nuts.** Plain noodles and cheese are also available. Gluten-free pasta is available for a small additional charge. Salad dressings are house-made. Please see Monday's description for sandwich, salad bar, hummus and pita, and Kettle Chips.

THURSDAY:

Pizza (sausage or cheese)
Sandwich (Turkey or Tuna)
Salad Bar
Hummus and Pita (separate from the salad bar)
Kettle Chips (Lightly Salted)

House-made pizza with cheese or sausage. Slices are 4" x 5 ½". Gluten-free pizza crust with casein-free cheese is available for a small additional charge. Please see Monday's description for sandwich, salad bar, hummus and pita, and Kettle Chips.

FRIDAY:

Teriyaki Chicken
Sandwich (Turkey or Tuna)
Salad Bar
Hummus and Pita (separate from the salad bar)
Kettle Chips (Lightly Salted)
Chocolate Chip Cookie

A 4 oz. sliced chicken thigh, marinated in house-made teriyaki sauce, served with brown basmati rice and steamed vegetables. Please see Monday's description for sandwich, salad bar, hummus and pita, and Kettle Chips. Cookies are house-made with a gluten and casein-free option available for a small additional charge.

Please let us know if you have any questions. We look forward to serving your children in the next trimester!

Kathy Block-Brown
Owner/Executive Chef
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