

OUR LADY OF LOURDES CATHOLIC SCHOOL 2009-2010 HOT LUNCH PROGRAM

We have a new caterer this school year – La Prima Food Group. La Prima brings nutritionally sound Mediterranean-inspired lunches to school children. They work in conjunction with an Italy-based food group to offer a school nutrition program for a healthier generation. We hope you will sign your child up to try our new caterer.

Participation in the hot lunch program means a hot lunch is provided Monday through Thursday ONLY. **THE HOT LUNCH PROGRAM IS NOT AVAILABLE ON FRIDAYS – nor on half-days.**

Please have your child bring his or her lunch on Fridays when school is in session for a full day. The lunch program does not include milk. Milk must be purchased separately.

The Menu for the 1st quarter is attached. **1ST Quarter is September 1st through October 29th**

Lunch Schedule: **Grades Pre-K - 3** 11:35A - 12:00P **Grades 4 - 8** 12:00P – 12:25P

The cost for participating in the lunch program is \$189 per child, per quarter. You may also pay in advance for the entire school year at a discounted cost of \$725.00.

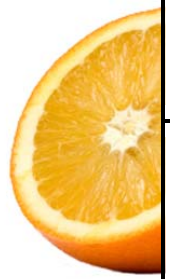
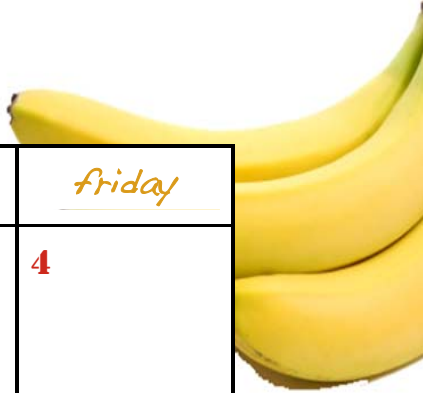
Please return this completed form **by August 19, 2009** to ensure your child receives hot lunch on the first day of school - Tuesday, September 1st. A check payable to **Our Lady of Lourdes, must accompany this form.**

Please complete the following:

Student Name	Grade	\$189.00/ 1st Qtr	Advance Payment for year
_____	_____	_____	_____ \$725.00
_____	_____	_____	_____ \$725.00
_____	_____	_____	_____ \$725.00
_____	_____	_____	_____ \$725.00

Parent Name: _____

Date: _____



<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>
31	1 Teriyaki Beef Vegetable Fried Rice Pineapple / Blondie	2 BBQ Chicken Drumsticks Corn Pudding Baby Carrots Seedless Grapes	3 Pasta with Bolognese Sauce Buttered Broccoli Fresh Fruit Salad Chocolate Pound Cake	4
7 Labor Day Holiday	8 Chicken Parmesan Penne Pasta Tossed Salad with Thousand Island Dressing Seedless Grapes/Brownie	9 Crunchy Tacos with lettuce, tomatoes, cheese and salsa Spanish Red Rice Fresh Fruit Salad	10 Macaroni & Cheese Baked Chicken Nuggets Broccoli Bites with Ranch Dip Orange Slices/Oatmeal Raisin Cookies	11
14 Chili Mac with Cheese Whole Wheat Roll Buttered Corn Apple	15 Honey Lemon Chicken Vegetable Fried Rice Banana Chocolate Chip Cookie	16 Beef Cheeseburger Sun Chips Carrot & Celery Sticks with Thousand Island Dipping Sauce Sliced Peaches/Vanilla Pound Cake	17 Spaghetti & Meatballs in tomato sauce Tossed Salad with creamy ranch dressing Pineapple /Vanilla Pudding	18
21 Chicken with Aurora Sauce Orzo Pasta Broccoli Bites with Ranch Dip Seedless Grapes	22 Mexican Taco Salad Cornbread Orange Slices Chocolate Pudding	23 Meatloaf Tater Tots Buttered Corn Fresh Strawberries with Yogurt	24 Three Cheese Chicken Pasta Bake /Focaccia Bread Tossed Salad with tomato vinaigrette dressing Honeydew Melon Oatmeal Raisin Cookie	25
28 Baked Ziti with Tomato Sauce Whole Wheat Roll Tossed Salad with creamy ranch dressing Yogurt with Peaches	29 Herb Roasted Chicken Breast Parmesan Rice Baby Carrots Cantaloupe Melon Double Chocolate Cookie	30 Sloppy Joes (turkey) Oven Roasted Potatoes Creamy Cole Slaw Seedless Grapes	01 Beef Stroganoff Penne Pasta Green Peas Orange Slices Vanilla Pudding	02

The H Generation



October 2009



<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>
5 Chicken Cacciatore Radiatore Pasta Focaccia Bread Honeydew Melon	6 Teriyaki Beef Vegetable Fried Rice Pineapple Chunks Blondie (no nuts)	7 BBQ Chicken Drumsticks Corn Pudding Baby Carrots Seedless Grapes	8 Pasta with Bolognese Sauce Buttered Broccoli Fresh Fruit Salad Chocolate Pound Cake	9
12 Columbus Day Holiday	13 Hawaiian Chicken Rice Glazed Carrots Fresh Fruit Salad Chocolate Chip Cookie	14 Roast Beef with Gravy Mashed Potatoes Grape Tomatoes with honey mustard dipping sauce Honeydew Melon	15 Chicken & Cheese Pizza Rolls Tossed Salad with Thousand Island dressing Banana Oatmeal Raisin Cookie	16
19 Herb Roasted Chicken Breast Pumpkin Risotto Buttered Corn Fresh Fruit Salad	20 Beef Kabobs Rice Pilaf Cucumber Rounds with dipping sauce Cantaloupe Melon Banana Bread	21 Mexican Taco Salad with lettuce, tomatoes, cheese and salsa Cornbread Fresh Strawberries with Yogurt	22 Macaroni & Cheese Baked Chicken Nuggets Broccoli Bites with Ranch Dip Orange Slices Oatmeal Raisin Cookies	23
26 Baked Ziti with Tomato Sauce Focaccia Bread Tossed Salad with creamy ranch dressing Fresh Fruit Salad	27 No School	28 Beef Chili Baked Potatoes with butter and sour cream Carrot & Celery Sticks with Thousand Island dip Pineapple Chunks	29 Chicken Parmesan Penne Pasta Green Peas Zucchini in Tomato Sauce Seedless Grapes Tea Cookie	30