

Lunches the Easy Way

Maximilian Montessori Academy

There is an easy way to provide your child with a lunch at school: involve him or her in preparing it. The steps in this plan are few and uncomplicated:

- Sit down with your child and brainstorm a long list of options for lunches – the kind that can be prepared at home the night before school. Put the list on the fridge so it can be updated whenever someone gets a new idea. You can veto (or at least limit) ideas that don't meet your standards.
- Purchase a lunch bag. Avoid metal and plastic; fabric is best, with a chill pack (since we sometimes run out of room in the school fridge). Put your child's name on it using an indelible marker, such as a Sharpie. Your child's teacher has Sharpies if you need to borrow one. Don't forget this; unidentified bags are a problem for us at school.
- Take your child to the store to shop for the supplies you need to keep on hand for making lunches. The first time you do it, make this a special trip and let it be educational for your child.
- Keep your larder stocked with all items necessary so that at least a couple of lunches on the list can be prepared.
- Teach your child how to prepare each item on the list. Do the preparations together until the child learns how. For very young children, you may always have to be involved.
- Choose a time, evenings are best but mornings may be better for some families, during which your child will regularly prepare the lunch. Provide the necessary reminders and insist that your child never escape this responsibility. It should become an automatic routine.
- Pack the lunch bag and, if you wish, store it in the fridge. By the way, we have at school readily available to all students at no cost the following items: orange juice, 2% milk, napkins, paper cups, and plastic utensils. Access to the fridge and microwave is also available, but teachers don't have time to prepare lunches for students, so don't send in something too complicated for your child to handle.
- Each morning before you leave for school, remind your child to fetch his or her lunch bag to take to school. (And at pick-up, be sure the bag is not forgotten and left at school.) And of course, keep your kitchen stocked with what your child needs.

You have a couple of alternative to the above. One is to spoil your child by doing everything in the way of lunch preparation yourself. The other is to use our lunch program, which is essentially "fast food." Preparing lunches at home will give your child better nutrition and will give you lower costs.

Naturally, busy schedules and other difficulties can interfere with getting lunch prepared at home. If this occurs, see our menu on the other side for how to place a standing order for lunches.

Lunch Menu & Standing Order

Revised 9/1/16

Child's Name: _____

Lunches are available daily, to spare parents the effort of preparing them. They are supplied by local vendors as described below, although last minute changes may sometimes be inevitable. We will try from time to time to improve the menu by adding new items and dropping unpopular ones. We will keep our efforts as economical as possible, but prices are subject to change and we may not always remember to notify you.

If you want to place a standing order for one or more days of the week, just let us know clearly what you want on a regular basis. You can do this by marking and returning this form, writing a note, or calling one of our staff members and explaining what you want. For this lunch program to continue to be a success, we must keep it simple and fairly hassle free for our staff. This means we must count on you not to make frequent or hurried changes or to ask for special handling of your child's needs. If you want to cancel or change your order, please send a note or speak directly with a staff member; we have occasionally received wrong information from children. We will accept changes told to us by children only if they are older and known to be responsible. Being absent will not automatically cancel lunch for the day; you must call us to let us know to cancel the lunch. All cancellations must be before we order (usually 9:00 AM); so when you call in about your child's being sick etc., just remind us to cancel for that day. To avoid waste we don't over-order, so please don't ask for lunches other than on a standing order basis. For everyone's convenience, all your lunches will be charged to your account. If you want to see a record of lunches ordered for your child, just ask - preferably after school when we are less busy. We keep this record for a week or two after statements are sent out, then we toss it.

We hope this lunch program lightens your daily burden, which is why we offer it to you. Someday we may be large enough to have a cafeteria, but in the meantime we want to focus on education and not let this particular service become too much of a concern for us. Thank you for your consideration and please feel free to share your ideas and suggestions with us.

Mondays: *Chick-fil-a*

4- count nuggets \$1.75. 6-count nuggets \$2.50. 8-count nuggets \$3.25. 3-count strip \$3.25.

Original Chicken Sandwich \$3.25. Small fries \$1.50. Fruit cup \$2.00. Side Salad \$3.00.

Tuesdays: *Great Harvest*

½ Sandwich with your choice of Turkey, Ham, P.B. & J. or Chicken Salad with chips and a cookie \$5.50, **or** Whole Sandwich with your choice of Turkey, Ham, P.B. & J. or Chicken Salad with chips and a cookie \$7.00 List chips, cookies, bread, and toppings: _____

Wednesdays: *Niko's Italian Cuisine*

Choice of Spaghetti with marinara or meatballs, fettuccine alfredo, lasagna , cheese or pepperoni pizza, ham or turkey paninis, grilled cheese or Chicken served with fries. All meals are \$5.75 each.

Thursdays: *Salsarita's*

Choice of Kids Burrito, Taco, Nachos, all with beef, chicken or Pork, or cheese quesdillas. All served with chips and queso or salsa and cookie \$4.00 . Reg. Size Meals - 2 taco combo, burrito , nacho, Chicken quesdillas \$6.00 All served with chips and queso or salsa .

Fridays: *Little Caesar's*

Choice of Sausage, Pepperoni, or Cheese. Per slice: \$1.25. 2 piece Crazy Bread \$1.00. 4 piece Crazy Bread \$1.50. Cheese Sauce \$1.75, Pepperoni Cheese bread \$5.25, Zesty Bread \$4.75