



OCTOBER 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Popcorn Chicken Veggies & Dip Choice of Fruit	2 Teriyaki Chicken Rice/Edamame Choice of Fruit
5 Pasta Marinara Caesar Salad Choice of Fruit	6 Quesadilla Corn Niblets Choice of Fruit	7 Waffle Sticks Sausage or Yogurt Choice of Fruit	8 Popcorn Chicken Veggies & Dip Choice of Fruit	9  NO SCHOOL
12 Pasta Marinara Caesar Salad Choice of Fruit	13 Quesadilla Corn Niblets Choice of Fruit	14  NO SCHOOL	15  NO SCHOOL	16  NO SCHOOL
19 Pasta Marinara Caesar Salad Choice of Fruit	20 Quesadilla Corn Niblets Choice of Fruit	21 Waffle Sticks Sausage or Yogurt Choice of Fruit	22 Popcorn Chicken Veggies & Dip Choice of Fruit	23 Teriyaki Chicken Rice/Edamame Choice of Fruit
26 Pasta Marinara Caesar Salad Choice of Fruit	27 Quesadilla Corn Niblets Choice of Fruit	28  Pizza for Africa	29 Popcorn Chicken Veggies & Dip Choice of Fruit	30 Teriyaki Chicken Rice/Edamame Choice of Fruit

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### **LUNCH CARD ORDER FORM<sub>STJ</sub>**

PK-2nd Gr: Buy 10 Lunches for \$32.50 / Buy 20 Lunches for \$65.00

3rd-8th Gr: Buy 10 Lunches for \$37.50 / Buy 20 Lunches for \$75.00

Child's Name: \_\_\_\_\_ Grade/Teacher \_\_\_\_\_ # of Lunches: \_\_\_\_\_

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Make Payment to: **St. John School** Please turn into school office.

Tel: 206-282-9595 / Email: queenanncatering@comcast.net

# LUNCH NEWS

by Queen Ann Catering

**OCTOBER, 2009**

Dear St. John Families,

Thank you all once again for the great support you give the Lunch Program! I really do appreciate your business and am grateful to feel so welcome at St. John School!

We are working hard to continue to provide the freshest, healthiest, yummiest Lunches ever. There have been some great buys on seasonal fruits, such as watermelon, grapes, strawberries, and cantaloupes that we are taking advantage of in order to provide tasty "Choice of Fruit" options in our Lunches! We also are trying to accommodate special needs, i.e. vegetarian options—please note the Menu Details below for more information.

Also, I have been scouring the ingredient lists of all our supplies to avoid any products with nuts, or products that are manufactured in the same facilities that make products with nuts. However, please continue to contact me for confirmation of this with each new Menu, and together we'll decide what is safe for all kids with severe nut allergies!

Sincerely,

Ann Wenzel  
Queen Ann Catering

## **DID YOU KNOW? - OCTOBER 2009 MENU DETAILS**

**MONDAY:** PASTA MARINARA—We use BARILLA PLUS Penne Pasta (made with legumes to provide 10 grams of Protein per serving versus 6 grams of regular Penne). We top it with a tasty Marinara—Parmesan Cheese is available on the condiment table —Served with a mini Caesar Salad w/dressing on the condiment table as well. Add fresh fruit for a real comfort-food Lunch! **VEGETARIAN FRIENDLY LUNCH!**

**TUESDAY:** QUESADILLA— A Burrito size Flour Tortilla is filled with Seasoned Taco Beef and Cheddar Cheese, then folded and warmed up until the cheese is melted through! Served with Corn Niblets and Choice of Fruit. **FOR VEGETARIAN VERSION—ASK FOR CHEESEONLY—AT SIGN-UP TIME!**

**WEDNESDAY:** Everyone loves Breakfast for Lunch, and the Belgian WAFFLE STICKS are a real favorite! Served warm and crispy - Maple Syrup on the side. Choose between Sausages OR YOGURT CUP FOR VEGETARIANS—(NOT NECESSARY TO REQUEST THIS AT SIGN-UP). Served with choice of fruit.

**THURSDAY:** POPCORN CHICKEN—A favorite by far—served with lots of dipping condiments! We will be trying out different fresh cut veggies in addition to the usual mini carrots & celery sticks—such as Red Pepper Spears, Broccoli Florets & Cucumber Coins—try some! Served with choice of fruit.

**FRIDAY:** TERIYAKI CHICKEN is made with baked Chicken Breasts, then diced and mixed with a Pineapple Teriyaki Glaze, served over a whole grain rice, such as Basmati or Jasmine rice. The Edamame adds extra Protein—and is fun to eat! **VEGETARIAN OPTION—ASK FOR NO CHICKEN & WE'LL ADD EXTRA EDAMAME TO KICK UP ON PROTEIN—PLEASE REQUEST THIS AT SIGN-UP TIME!** Served with choice of fruit—Pineapple Tidbits or Mandarin Oranges are excellent compliments to the Teriyaki!

(We also serve the Chicken Caesar Salad Lunch every day as an alternative to each day's Menu Item)

**For additional information on the Menu Items,  
please contact Ann @ 206-282-9595 —OR— Email: queenanncatering@comcast.net**