



PCCS FARM TO TABLE LUNCH  
October A La Carte Registration  
2009  
(see menus on p. 3 of this form)

SEND TO PCCS OFFICE BY Tuesday, October 13, 2009

Student Name

Classroom Teacher

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Community Members

Parent Name \_\_\_\_\_  
(Kids under 5 eat free)

Guest Name \_\_\_\_\_

Staff Member Name \_\_\_\_\_

\_\_\_\_\_ A La Carte Option (1 lunch - Oct 21) (\$6 per person) \_\_\_\_\_

- Each person should bring a plate, bowl, spoon, fork, cloth napkin and drink

YES! I WOULD LIKE TO VOLUNTEER (NAME & NUMBER \_\_\_\_\_)



## Farm to Table 2009-10 Menus

### A word about our menus...

Farm to Table is anything *but* "just another lunch": The program is designed to give our kids the opportunity to sample lots of plant-based foods, prepared in lots of different ways! Did you know that:

- Less than 25% of kids today get the recommended 5-9 servings of fruits and vegetables every day
- 30% of our kids today are overweight or obese
- Healthy weight has been linked to academic performance
- Many PCCS parents have been surprised by the different foods their own children will try and eat at our Farm to Table lunches

We use locally grown, organic produce, as much as possible. Each month, 1 of our lunch ingredients is grown by our own students, using organic, sustainable methods. Examples of student-grown crops we use: salad greens, bok choy, wheat, tomatoes, barley, pumpkin.

Farming is unpredictable! We do our best to coordinate our menus with school - Learning Farm projects. Occasionally, menus need to be revised due to changes in what is available at the farm.

So, without further delay, here are our menus for the upcoming school year. All meals include green salad and fresh, seasonal fruit.



## Farm to Table 2009-10 Menus

All meals served with salad and fresh, seasonal fruit

**September** - Red, white and green pasta: whole grain pasta, local tomatoes, basil, and fresh mozzarella.

**October** - Purely pumpkin soup, pumpkin biscuits w/ honey butter

**November** - "Breakfast for lunch" burritos: eggs, veggies, cheese, bacon or vegetarian "bacon" crumbles in whole wheat tortilla

**January** - Chicken collie, chicken poodle, Chicken soup with lots of noodles (and veggies!)

**February** - Not too wimpy, not too spicy, just right vegetarian chili and toppings

**March** - Teriyaki Chicken and Barley Salad

**April** - Sweet and spicy "beef" w/ baby bok choy over fried rice.

**May** - Cinco de Mayo Mexican lasagna