

REGULAR MENU AND ATTENDANCE FORM

MEAL PERIOD	MEAL PERIOD	MEAL PERIOD	MEAL PERIOD	MEAL PERIOD	MEAL PERIOD	MEAL PERIOD	MEAL PERIOD	MEAL PERIOD	MEAL PERIOD	DATE		NAME	TIME	NAME	TIME	NAME	TIME
										MM	DD						
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	07	00	00	00	00	00	00	00
1	2	3	4	5	6	7	8	9	10	07	00	00	00	00	00	00	00
11	12	13	14	15	16	17	18	19	20	07	00	00	00	00	00	00	00
21	22	23	24	25	26	27	28	29	30	07	00	00	00	00	00	00	00
31	32	33	34	35	36	37	38	39	40	07	00	00	00	00	00	00	00
41	42	43	44	45	46	47	48	49	50	07	00	00	00	00	00	00	00
51	52	53	54	55	56	57	58	59	60	07	00	00	00	00	00	00	00
61	62	63	64	65	66	67	68	69	70	07	00	00	00	00	00	00	00
71	72	73	74	75	76	77	78	79	80	07	00	00	00	00	00	00	00
81	82	83	84	85	86	87	88	89	90	07	00	00	00	00	00	00	00
91	92	93	94	95	96	97	98	99	100	07	00	00	00	00	00	00	00

00	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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REGISTRATION
FORMS

I certify that all of the meals served meet the nutrition standards set forth in the federal nutrition assistance law. The information provided here is for informational purposes only and is not intended to constitute a meal plan. I understand that my child may be eligible for free or reduced-price meals. For more information, please contact the school nutrition program.

SCHOOL NUTRITION PROGRAM



Craft Your Own Salad Or Sandwich

Please fill in your order below and hand it to a Welcome Agent. Make your selections with pencil or black/ink ink. No red ink. ☺

CHOOSE ONLY ONE - SALAD OR SANDWICH

SALAD OR SANDWICH

CHOOSE UP TO 6 ITEMS FOR \$9

SANDWICH BREADS

- | | | |
|--|-----------------------------------|------------------------------------|
| <input type="checkbox"/> Tawain Log | <input type="checkbox"/> Calabota | <input type="checkbox"/> Sourdough |
| <input type="checkbox"/> Semolina-Pastin | <input type="checkbox"/> 5-Grain | <input type="checkbox"/> Chetah |
| <input type="checkbox"/> Potato-Onion & Oil Flot | | |

GREENS Choose for either salad or sandwich

- | | | |
|-------------------------------------|--|--------------------------------------|
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Fresas (Add \$2.50) | <input type="checkbox"/> Baby Greens |
| <input type="checkbox"/> Endive | <input type="checkbox"/> Romaine | <input type="checkbox"/> Spinach |

MEATS

- | | | |
|---|---|---|
| <input type="checkbox"/> Pork Loin (Add \$2.00) | <input type="checkbox"/> Roast Beef | <input type="checkbox"/> Short Rib (Add \$2.00) |
| <input type="checkbox"/> Grilled Chicken | <input type="checkbox"/> Turkey Breast | <input type="checkbox"/> Virginia Ham |
| <input type="checkbox"/> Citrus Duck (Add \$2.00) | <input type="checkbox"/> Filet Mignon (Add \$1.50) | |
| <input type="checkbox"/> Breakfast (Add \$2.00) | <input type="checkbox"/> Kobe Beef (Add \$12.00) | |
| <input type="checkbox"/> Slab Bacon (Add \$2.00) | <input type="checkbox"/> Serrano Ham (Add \$2.00) | |
| <input type="checkbox"/> Genoa Salami | <input type="checkbox"/> Appleswood Smoked Bacon | |
| <input type="checkbox"/> Pomegranate Chicken | <input type="checkbox"/> Spicy Skirt Steak (Add \$2.00) | |

SEAFOOD

- | | |
|---|---|
| <input type="checkbox"/> Atlantic Cod (Add \$1.00) | <input type="checkbox"/> Lobster (Add \$8.00) |
| <input type="checkbox"/> Lump Crab (Add \$9.00) | <input type="checkbox"/> Atlantic Salmon (Add \$2.00) |
| <input type="checkbox"/> Seared Tuna (Add \$3.00) | <input type="checkbox"/> Smoked Tuna (Add \$5.00) |
| <input type="checkbox"/> Soft Shell Crab (Add \$9.00) | |

CHEESES

- | | | |
|--|--|---|
| <input type="checkbox"/> Cabrales (Add \$3.00) | <input type="checkbox"/> Camembert | <input type="checkbox"/> Pate |
| <input type="checkbox"/> Fontina (Add \$1.00) | <input type="checkbox"/> Goat (Add \$2.00) | <input type="checkbox"/> Gruyere |
| <input type="checkbox"/> Manchego | <input type="checkbox"/> Muenster | <input type="checkbox"/> Mascotella |
| <input type="checkbox"/> Port Salut | <input type="checkbox"/> Remol (Add \$10.00) | <input type="checkbox"/> Tetilla (Add \$1.00) |
| <input type="checkbox"/> Vermont Cheddar | <input type="checkbox"/> Parmigiano (Add \$2.00) | |

VEGETABLES

- | | | |
|--|--|--|
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Asparagus | <input type="checkbox"/> Avocado |
| <input type="checkbox"/> Bell Peppers | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Caramel |
| <input type="checkbox"/> Roasted Corn | <input type="checkbox"/> Jalapeno | <input type="checkbox"/> Pimento |
| <input type="checkbox"/> French Beans | <input type="checkbox"/> Pickles | <input type="checkbox"/> Baby Potatoes |
| <input type="checkbox"/> Raw Onions | <input type="checkbox"/> Scallions | <input type="checkbox"/> Red Beets |
| <input type="checkbox"/> Sunchoke | <input type="checkbox"/> Zucchini | |
| <input type="checkbox"/> Dikon Sprouts (Add \$1.00) | <input type="checkbox"/> Baby Eggplant | |
| <input type="checkbox"/> Shiitake Mushrooms (Add \$1.00) | <input type="checkbox"/> Portobello Mushrooms | |
| <input type="checkbox"/> Caramelized Onions | <input type="checkbox"/> Yellowfoot Mushroom | |
| <input type="checkbox"/> Heirloom Tomatoes | <input type="checkbox"/> Patty Pan Squash | |
| <input type="checkbox"/> Marbled Tomatoes | <input type="checkbox"/> Oven-Roasted Tomatoes | |

DRESSING/SAUCES

- | | | |
|--|--|--|
| <input type="checkbox"/> White Truffle Oil | <input type="checkbox"/> Olive Oil (M/C) | <input type="checkbox"/> Dijon Mustard (M/C) |
| <input type="checkbox"/> Balsamic (M/C) | <input type="checkbox"/> Basil Oil | <input type="checkbox"/> Caesar |
| <input type="checkbox"/> Honey-Dijon | <input type="checkbox"/> Garlic Mayo | <input type="checkbox"/> Fig Reduction |
| <input type="checkbox"/> Olive-Jalapeno | <input type="checkbox"/> Mayonnaise (M/C) | |
| <input type="checkbox"/> Yellow Mustard (M/C) | <input type="checkbox"/> Confit-Shallot Mousse | |
| <input type="checkbox"/> Creamy Cabrales | <input type="checkbox"/> Heirloom Mustard | |
| <input type="checkbox"/> Garlic-Horseradish Aioli | <input type="checkbox"/> Orange-Cherry Vinaigrette | |
| <input type="checkbox"/> Pumpkin Seed Oil | <input type="checkbox"/> Fort Wine Reduction | |
| <input type="checkbox"/> Roasted Garlic Pesto | <input type="checkbox"/> Roasted Pepper Aioli | |
| <input type="checkbox"/> Sweet Carrot-Ginger (M/C) | <input type="checkbox"/> Sherry Vinaigrette (M/C) | |
| <input type="checkbox"/> Toasted Walnut Oil | <input type="checkbox"/> Tomato-Saffron Coulis | |

FRUITS

- | | | |
|---------------------------------------|--|---|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Bananas | <input type="checkbox"/> Dried Cherries |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Mangoes | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Dried Figs | <input type="checkbox"/> Black Olives | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> Candied Oranges | |

NUTS/OTHER

- | | | |
|--|---|---------------------------------------|
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Crostons (M/C) | <input type="checkbox"/> Sealed Eggs |
| <input type="checkbox"/> Pine Nuts | <input type="checkbox"/> Cous Couis | <input type="checkbox"/> Potato Chips |
| <input type="checkbox"/> Pomegranate Seeds | <input type="checkbox"/> Candied Pecans | |

Craft Your Own Salad Or Sandwich

CREATE YOUR OWN EGG SANDWICH

BREADS Choose 1

- Baguette Croissant 5 Grain Bread

EGGS Choose 1

- Egg Whites Whole Eggs

CHEESES Choose 1

- Gruyere Vermont Cheddar Muenster

VEGETABLES Choose 2

- Tomatoes Bell Peppers Mushrooms
 Asparagus Avocado Jalapenos
 Caramelized Onions

MEATS Choose 1

- Virginia Ham Turkey Sausage Appleswood Bacon

ingredient glossary

Aioli: A traditional garlic mayonnaise from the south of France. **Bresaola:** Italian air-dried beef flat. **Cabrales Cheese:** A creamy, strong flavored Spanish blue cheese. **Camembert:** Napoleon made this cheese famous for it's smooth, thick, creamy white texture. **Candied:** The process of cooking in sugar to achieve a sweet and sticky texture. **Confit Shallot Mousse:** An emulsion of roasted shallots, garlic and extra virgin olive oil. **Coulis:** A thick, cooked puree often made from vegetables or fruits. **Cousin Sprouts:** Young sprouts of a Japanese radish. They are crisp and slightly spicy. **Emulsions:** A very smooth, well mixed puree of ingredients. **Fontina Cheese:** One of Italy's great cheeses. Pale yellow interior dotted with tiny holes. The mild, nutty flavor, and the fact that it melts easily and smoothly, make it perfect for almost any use. **Gruyere Cheese:** A Swiss cheese, usually aged 10-12 months. It is rich, sweet and nutty in flavor. **Heirloom Tomatoes:** Tomatoes that are still grown from ancient varieties of native plants. **Israeli Cous-Cous:** Large-grain-cook cous. **Kobe Beef:** An exclusive grade of beef from cattle raised in Kobe, Japan. **Masagoes, beer and special diets:** causes these cattle to be extraordinary tender and full of flavor. **Manchego Cheese:** Spanish cheese, typically semi-firm and mild in flavor. **Marbled Tomatoes:** A slowly-cooked sauce made from sweet, sweet tomatoes. **Patty Pan:** A small round squash, either yellow or green (in color). **Pomegranate:** Large orange-sized fruit. Tangy, sweet and tart. **Reddish-pink color:** Part Salut. **Semi-hard, savory cheese,** originally made by monks. **Rozval Cheese:** A Spanish cheese. It has a rich-nutty flavor and is semi-firm. **Slab Bacon:** Bacon that has not yet been sliced. **Sunchoke:** A brown-skinned vegetable, nutty and sweet with a crisp consistency. **Yellowfoot Mushroom:** yellow in color. Delicate, yet stronger in flavor than the button mushroom. **Tetilla:** Young semi-soft mild Spanish cheese. Creamy texture and yellow in color. **White Truffle Oil:** Truffle-infused olive oil made from the decadent "Truffle" which is an earthy, gatically mushroom. This mushroom is one of the world's most rare, expensive and desirable foods.

