

2010 Crestwood Lunch Substitution Form-Return By July 16th

Name of Child _____ Grade as of Sept. _____ Phone Number: _____

Return this completed form to : Crestwood Country Day School 313 Round Swamp Road, Melville, NY 11747 or fax to 631-692-6987

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b style="font-size: 3em;">AUGUST  			For more information, www.crestwoodcountryday.com Fax: 631 692-6987, send in on bus or mail	
July 26 Turkey Meatball Hero	27 <i>WAFFLE & FRENCH TOAST STICKS</i>	28 Stouffer's Lean Cuisine	29 POPCORN CHICKEN	30 TURKEY CORN DOGS
Aug 2 Chicken Tenders	3 Turkey Meatballs in Red Sauce	4 Chicken FRYZ	5 <i>Whole Wheat Ziti</i>	6 BBQ GRILLED
9 POPCORN CHICKEN	10 Stouffer's Lean Cuisine <i>Mac & Cheese</i>	11 Turkey Meatball Hero	12 Chicken Tenders	13 <i>WAFFLE & FRENCH TOAST STICKS</i>
16 Honey-Dipped Chicken	17 Whole Wheat Ziti	18 CHICKEN FRYZ	19 Assorted Wraps Tuna, Turkey Grilled	20 Chicken Tenders

Instructions For Requesting A Substitute For Any Day

If your child requires a substitution for the main dish (as indicated on the above calendar):

1. Cross out the name of the main dish listed for that day,
2. Write in the substitute that you would like for your child that day from the list of the substitutes on the right
3. Repeat steps 1 and 2 for any day a substitute is requested for the main dish

****On the table each day are mini bagels, cream cheese, jelly, butter, soy nut butter, fresh salad****

Substitutions are for the main dish only.

Please try to exercise constraint. As you can see, our menu is quite diverse and your child should be encouraged to try new foods and broaden his/her culinary horizons.

We **cannot** honor general requests such as "my child may have a hamburger any day he/she doesn't like what's on the menu. Please be specific for each day.

Substitutes

Hamburger
 Veggie Burger
 Frankfurter (Ages 5 and Older)
 Tuna Fish
 Egg Salad
 Sliced Turkey Breast
 Low Fat Yogurt
 American Cheese
 Grilled Chicken
 Soy Nut Butter