


2010 Crestwood Lunch Substitution Form-Return By June 10th

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
   				
June 28 Honey-Dipped	29 <i>WAFFLE & FRENCH TOAST</i>	30 Stouffer's Lean Cuisine	July 1 Oven-Roast Turkey	2 BBQ GRILLED
5 HOLIDAY <i>Crestwood</i> CLOSED 	6 Chicken FRYZ	7 TURKEY CORN DOGS	8 POPCORN CHICKEN	9 <i>Whole Wheat</i>
12 Turkey Meatball Hero	13 Chicken Tenders	14 Stouffer's Lean Cuisine	15 <i>WAFFLE & FRENCH TOAST STICKS</i>	16 TURKEY CORN DOGS
19 Popcorn	20 Oven-Roast Turkey	21 BBQ GRILLED	22 <i>Pita Pockets with Meatballs</i>	23 Honey-Dipped Chicken

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