

Take Fridays Off

Friday Lunches at SCFS

This year, Friends School will offer student and staff lunches every Friday. Every month will feature at least two healthy and nutritious lunches from Bobbie's Kitchen and a Pizza Friday. The cost of each of Bobbie's lunches is just \$5, and Pizza Friday pizza can be purchased by the slice (\$1).



Bobbie's Kitchen is owned and operated by former Friends School teacher and holistic health counselor Bobbie Dash. All lunches will feature organic and local ingredients when available. All bread, desserts, snacks and pasta products will be either whole grain or vegetable. Bobbie hopes that by enjoying these lunches, students will not only grow to love the taste of good quality food, but will also learn to understand the importance of eating well. Bobbie works here at the school with interested students and parents to prepare healthy and delicious lunches for students and staff.

As always, Pizza Friday will be run by the Parents Association and proceeds from the sale will help to support special activities at Friends School.

To order lunches for the fall, please return the form below with your payment to the front desk at school.

Student _____ Teacher _____

Parent Name(s) _____

Parents, check here if you would like to help in the kitchen: ____ Meet other parents and eat a delicious, free meal!

Friday, Sept. 11 Mac 'n' Cheese, Whole Wheat Rolls, Salad Bar, Fruit & Yogurt __Yes __ No \$5.00

Friday, Sept. 18 Tomato Soup, Grilled Cheese on Homemade Bread, Veggies and
Ranch Dip, Chocolate Chip Cookies __Yes __ No \$5.00

Friday, Sept. 25 Pizza Friday # of slices: ____ (@\$1 per slice) = \$ ____

Friday, Oct. 2 Pizza Friday # of slices: ____ (@\$1 per slice) = \$ ____

Friday, Oct. 9 Tacos – Grass fed local ground beef or bean filling & all the fixings,
Spanish Rice, Salad Bar, Apple Crisp __Yes __ No \$5.00

Friday, Oct. 16 NO SCHOOL (In-Service)

Friday, Oct. 23 Pizza Friday # of slices: ____ (@\$1 per slice) = \$ ____

Friday, Oct. 30 ***No Lunch Served *** Please pack your lunch!!***

Friday, Nov. 6 Pasta with Tomato Sauce and Cheese, Homemade Garlic Bread, Salad Bar,
Pumpkin Chocolate Chip Cake __Yes __ No \$5.00

Friday, Nov. 13 NO SCHOOL (Parent-Teacher Conferences)

Friday, Nov. 20 Pizza Friday # of slices: ____ (@\$1 per slice) = \$ ____

Friday, Nov. 27 NO SCHOOL (Thanksgiving)

Friday, Dec. 4 Chili with Cheese (vegetarian also available), Corn Bread with Maple Butter,
Salad Bar, Brownies __Yes __ No \$5.00

Friday, Dec. 11 Chicken/Bean and Cheese Quesadillas, Corn, Veggies and Ranch Dip,
Holiday Cookies __Yes __ No \$5.00

Friday, Dec 18 Pizza Friday # of slices: ____ (@\$1 per slice) = \$ ____
Total: \$ ____

****Frequent Lunch Program: includes all lunches and 2 slices on each Pizza Friday: \$35.00 (\$5.00 savings)****