

St. Mark's Episcopal Day School Lunch Program  
Interval #3 (Jan. 4<sup>th</sup> – March 8<sup>th</sup>)

**FINAL DEADLINE for Orders:**  
**3:30 p.m. Friday, December 9<sup>th</sup>**

We are happy to add Firehouse Subs to our menu! Their lean USDA meats come piled high on a 4" or 6" wheat sub roll. The turkey breast has less than 1 gram of fat per 4 oz serving. The subs will come plain with a mayo and mustard packet.

Five Star Pizza makes their own sauces, as well as purchases their veggies locally to help support the community, and their dough is made from unbleached flour.

Zoe's sandwiches come plain with no extra condiments. They are accompanied with a 4oz. seasonal fresh fruit cup. Grilled chicken fingers are a 6oz. boneless, skinless chicken breast grilled and sliced into 4 pieces also with 4oz. seasonal fresh fruit cup. Zoe's Greek salads are a mix of greens, tomatoes, cucumbers, green peppers, pepperoncinis, calamata olives, feta cheese, and red onions on the side with an oil and vinegar dressing on the side. Zoe's side of white beans are served in a 6oz. cup. Zoe's chicken orzo soup is served in a 12oz. cup and comes with crackers.

Menus have offerings of a variety of hot items, catered or SMEDS sandwiches, vegetables, fruits, several drink options, and a choice of chips -\* All students, please circle your choice of chips on your order form\*. Our Ranch dressing is homemade.

NO MENU CHANGES MAY BE MADE AFTER THE **FIRST** WEEK.  
NO REFUNDS WILL BE ISSUED AFTER THE **FIRST** WEEK.

Please fill out an order form for **each** individual student. Please write your child's name and teacher's name on the line provided for each day that you are ordering.

EXAMPLE- JANE DOE 1ST-SMITH

Lunches are automatically cancelled for all day field trips. Credits will be reflected in the student billing system. Credits for anticipated absences may be arranged by direct contact with lunch personnel by 1 p.m. on the day BEFORE the absence. With notification, you may pick up your child's lunch in the school office, if your child is absent due to unanticipated circumstances or illness.

Please e-mail Susan Wood ([swood@stmarksdayschool.org](mailto:swood@stmarksdayschool.org)) with any questions or concerns.

\*All menu items are subject to availability\*

**\*\*\*\*REMINDER\*\*\*\***

**STUDENTS WHO RETURN THEIR LUNCH ORDERS BY  
WEDNESDAY, DECEMBER 7TH AT 3 PM WILL BE ELIGIBLE  
FOR A DRAWING TO WIN THEIR ORDER AT NO CHARGE FOR  
THE THIRD LUNCH INTERVAL!!!**

# St. Mark's Episcopal Day School Lunch Program Interval #3 (Jan. 4th-Mar. 8th)

## Monday (7 days)

	<u>Item Price</u>	<u>Interval Total</u> - Please mark your choice	<b>Student Name:</b> _____
Zoe's Chicken and Cheese Quesadilla w/ fresh fruit	\$3.75	\$26.25 _____	
Zoe's Greek Salad	\$3.75	\$26.25 _____	
Zoe's side of Braised Creamy White Beans	\$2.25	\$15.75 _____	
St. Mark's Turkey Sandwich on Wheat	\$3.00	\$21.00 _____	
Apple	\$1.00	\$7.00 _____	<b>Teacher/Grade:</b> _____
Chips- <b>Please Circle One</b> - Lays Plain or BBQ	\$1.50	\$3.50 _____	
Water____ 2%____ Chocolate Milk_____	\$.75	\$5.25 _____	
Organic Milk	\$1.25	\$8.75 _____	Monday Total: _____

## Tuesday (9 days)

Chick-Fil-A Char grilled Chick. Sand.(cooked in peanut oil)	\$3.25	\$29.25 _____	<b>Student Name:</b> _____
Chick-Fil-A Nuggets (6 piece) (cooked in peanut oil)	\$2.50	\$22.50 _____	
St. Mark's Tuna Sandwich-All white meat	\$3.00	\$27.00 _____	
Buttered Green Beans	\$1.00	\$9.00 _____	
Applesauce	\$.75	\$6.75 _____	<b>Teacher/Grade:</b> _____
Chips- <b>Please Circle One</b> -Lays Plain or BBQ	\$.50	\$4.50 _____	
Water____ 2%____ Chocolate Milk_____	\$.75	\$6.75 _____	
Organic Milk	\$1.25	\$11.25 _____	Tuesday Total: _____

## Wednesday (10 days)

Five Star Cheese Pizza - 2 slices	\$3.00	\$30.00 _____	<b>Student Name:</b> _____
Five Star Pepperoni Pizza - 2 slices	\$3.25	\$32.50 _____	
Five Star Veggie Pizza - 2 slices	\$3.50	\$35.00 _____	
St. Mark's Roast Beef on Wheat	\$3.00	\$30.00 _____	
Fresh Mini Carrots - Ranch Dressing Available	\$1.00	\$10.00 _____	<b>Teacher/Grade:</b> _____
Granola Bar - Honey and Oats	\$.75	\$7.50 _____	
Chips- <b>Please Circle One</b> -Lays Plain or BBQ	\$.50	\$5.00 _____	
Water____ 2%____ Chocolate Milk_____	\$.75	\$7.50 _____	
Organic Milk	\$1.25	\$12.50 _____	Wednesday Total: _____

## Thursday (10 days)

Firehouse Sub Turkey and Provolone 4 in.	\$3.25	\$32.50 _____	<b>Student Name:</b> _____
Firehouse Sub Turkey and Provolone 6 in.	\$4.25	\$42.50 _____	
Firehouse Sub Ham and Provolone 4 in.	\$3.25	\$32.50 _____	
Firehouse Sub Ham and Provolone 6 in.	\$4.25	\$42.50 _____	
Fresh Cucumber Slices-Ranch Dressing Available	\$1.00	\$10.00 _____	<b>Teacher/Grade:</b> _____
Chips- <b>Please Circle One</b> -Lays Plain or BBQ	\$.50	\$5.00 _____	
Water____ 2%____ Chocolate Milk_____	\$.75	\$7.50 _____	
Organic Milk	\$1.25	\$12.50 _____	Thursday Total: _____

## Friday (8 days)

Zoe's Chicken Salad on Wheat w/ fresh fruit	\$3.75	\$30.00 _____	<b>Student Name:</b> _____
Zoe's Grilled Chicken Fingers w/ fresh fruit	\$3.75	\$30.00 _____	
Zoe's Chicken Orzo Soup w/ veggies	\$3.50	\$28.00 _____	
St. Mark's Chicken Caesar Wrap	\$3.50	\$28.00 _____	
Banana	\$1.00	\$8.00 _____	<b>Teacher/Grade:</b> _____
Granola Bar - Honey and Oats	\$.75	\$6.00 _____	
Chips- <b>Please Circle One</b> -Lays Plain or BBQ	\$.50	\$4.00 _____	
Water____ 2%____ Chocolate Milk_____	\$.75	\$6.00 _____	
Organic Milk	\$1.25	\$10.00 _____	Friday Total: _____

\_\_\_\_\_ **Payment Included**

\_\_\_\_\_ **Bill My Account**

\_\_\_\_\_ **Order Total:** \_\_\_\_\_