	IEL C	HRISTIAN ACADEMY 2 以理基督教學苑	016 October	十月 Lunch Me	\$50/month \$2.75/meal
MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Piz	zas 4	Chicken Chow Mien w/ Eggs + Veggies	5 Ground Turkey + String Beans + Tofu over Rice		7 Chicken/Veggie Dumplings
Milk + Ora	nges	Milk + Bananas	Milk + Oranges	Milk + Bananas	Milk + Oranges
10 Pi;	zas 1	1 Chicken Fried Rice w/ Eggs + Veggies	12 Mac & Cheese w/ Chicken + Broccoli	13 Ground Turkey + Eggs + Veggies in Tomatoes Sauce over Rice	14 Chicken/Veggie Dumplings
Milk + Ap	ples	Milk + Oranges	Milk + Apples	Milk + Oranges	Milk + Apples
17 Pi:	zas 1	8 Chicken/Veggie Dumplings	19Ground Turkey + String Beans + Tofu over Rice		21 Chicken Chow Mien w/ Eggs + Veggies
Milk + Ban		Milk + Apples	Milk + Bananas		Milk + Bananas
24 Pi	zas 2	5 Chicken Fried Rice w/ Eggs + Veggies	26 Mac & Cheese w/ Chicken + Broccoli	27 Ground Turkey + Eggs + 2 Veggies in Tomatoes Sauce over Rice	28 Chicken/Veggie Dumplings
Milk + Ora	_	Milk + Bananas	Milk + Oranges	Milk + Bananas	Milk + Oranges
31 Piz Milk + Ap	ples		S - 50	Il is Le	

We use organic meat and veggies in our lunch! Organic low-fat milk and fruit is served daily.

Please submit your October Lunch Order Form + Fee with the tuition before the 25th! Thank you! (Detach Here)

October Lunch Order Form				
Student's Name:	Menu Selected (pls write the date(s) you want or put "all"):			
Payment : \$	Cash or Check #			