

SEPTEMBER

2021

LUNCHES BROUGHT TO YOU BY: POWER FIT MEALS
 ***** PLEASE READ NEW INSTRUCTIONS BELOW!



PAYMENT BY CHECK OR VENMO (@KAYLA-STRAUBE)

MONDAY	TUESDAY	WEDNESDAY	FRIDAY
		1 BEEF SPAGHETTI	3 MEATBALLS & PASTA W/RED SAUCE
6 SCHOOL CLOSED	7 BEEF STEAK BITES W/ RICE	8 CHICKEN ALFREDO	10 GARLIC BUTTER CHICKEN W/ RICE
13 CHEESEBURGER W/ RED POTATOES	14 ROAST BEEF BITES W/ RICE	15 CHEESY NOODLES W/ GRILLED CHICKEN	17 MINI CORN DOGS W/ RED POTATOES
20 MEATBALLS & PASTA W/RED SAUCE	21 GARLIC BUTTER CHICKEN W/ RICE	22 TERIYAKI CHICKEN W/ RICE	24 CHICKEN TACO QUESADILLA
27 BEEF STEAK BITES W/ RICE	28 CHEESY NOODLES W/ GRILLED CHICKEN	29 BBQ CHICKEN W/ RED POTATOES	

MEAL \$3.50
 DESSERT? add \$1

ALL MEALS ARE SERVED WITH FRUIT AND VEGGIES.

CIRCLE THE DATES YOUR CHILD NEEDS MEALS. IF YOU NEED THE ALTERNATE MEAL, PLACE AN "A" OVER THE SQUARE.

ALTERNATE MEAL: GRILLED CHEESE W/ TATOR TOTS

ALL ORDER FORMS MUST BE EMAILED TO:
ORDERS@POWERFITPREP.COM

QUESTIONS? TEXT/CALL (346)-932-7205

CHILD NAME: _____

PARENT NUMBER: _____

CLASS: _____