

The preschool day begins at 9:30 a.m. and ends at 12:30 p.m. ALL preschoolers can extend their day and eat lunch with friends. Please send in a dairy lunch that does not require refrigeration or heating.



TIME: 12:30 –1:15 p.m.

COST: \$7 per day

DETAILS: Lunch bunch begins Monday, September 12th and usually will be available 4 days a week (Monday–Thursday). Lunch Bunch will not take place on the eve of a holiday, and these dates will be noted on the Lunch Bunch registration form.

ENROLLMENT: Space is unlimited—all children may stay for lunch. You may register in advance, on a monthly basis, by completing and sending in (along with your payment) the Lunch Bunch Registration Form. This form will be sent home in your child’s backpack each month. Alternatively, if your child will be staying for lunch only occasionally, you may “drop-in” to lunch on those days by paying on a daily basis and informing your child’s teacher that morning.

LUNCH BUNCH VOUCHER

PLEASE PROVIDE TO YOUR CHILD'S
TEACHER FOR ANY LUNCH BUNCH
TIME 12:30 — 1:15 p.m.



Good for
ONE
LUNCH BUNCH
for one
child.



עץ חיים
Etz Hayim
Preschool

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Arlington, VA 22204
703.979.4466
www.etzhayim.net

VEGETARIAN GOOD EATING IDEAS

Chick peas	Seasoned tofu	Fruit leather
Kidney beans	Tofu/Soy Pups	Dried fruits (apricot, raisins, craisins, prunes)
Beans & Rice	Tunafish sandwiches	Egg salad
Cut vegetables- plain or with dip (broccoli, red pepper, carrots)	Cut Fruit (grapes, strawberries, melon, blueberries, apple, banana)	Vegetarian Chili
Yogurt Rice Cakes	Peanut butter and jelly sandwich	Fig Newtons Boca Burger cooked then refrigerated
Grape tomatoes	Crackers	“Pirates Booty” Puffs
Pitas	Avocado	Goldfish
Hommus	Pitted olives	Fish Sticks
Babganoush	Hard-boiled eggs	Mac n’ Cheese
Applesauce	Milk	Pasta with broccoli
Pasta with canned seasoned tomatoes	Tomato juice	Celery sticks with cream cheese and raisins
Fried Zucchini sticks	Orange juice	Pretzels
Cheese sticks		

PIZZA WEDNESDAYS

For an additional charge of \$4.00, Etz Hayim will provide your child with lunch. This will include pizza, fruit, beverage, and dessert.

In order for us to plan accordingly, please notify of your intent before hand. On last minute basis, children are elidgable to have the pizza lunch provided quantities are available.