



REFORMATION LUTHERAN CHURCH & SCHOOL

REV. JAMES WERNER  
Pastor  
(858) 279-3311  
WernerJ@RefSD.org

PRINCIPAL MICHAEL ROSS  
Preschool – 8<sup>th</sup> Grade  
(858) 279-3311  
Principal@RefSD.org

MS. BRIGETTA GUELKER  
Preschool & Child Care Director  
(858) 279-3311  
GuelkerB@RefSD.org

Wednesday Hot Lunch – Full Year Sign Up

2018 – 2019 School Year

Hello parents and families,

We know you join us in thanking the volunteers who allow us to offer a hot lunch to your students each Wednesday during the school year! You have the option of signing your student up for all the Wednesday meals, and you will be billed in FACTS for the amount of \$175/child (35 weeks of hot lunch @ \$5/lunch). This form must be submitted by 4pm on Tuesday, September 4, in order to complete the Full Year Sign Up.

Please note: The due date for full payment will be September 15, 2018. If your payment has not been received by the due date, your student will not be able to receive hot lunches until payment is received and Late Fees may apply. There will be NO refunds for days missed for any reason, including, but not limited to, your child not attending school due to illness, suspension or an emergency school closure.

If you sign up for all the meals, you will not need to complete the monthly order form. This option is available only for our Wednesday Hot Lunch programs. If you do not want to commit to all the meals, you will need to complete the monthly order form for the meals your student wants.

\_\_\_\_\_, Yes, I want to sign up for all the Wednesday hot lunches for my student during the 2018-2019 school year.

\_\_\_\_\_  
Student's Name

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Student's Name

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Student's Name

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Name (please print)

4670 Mt. Abernathy Ave. San Diego, CA 92117 (858) 279-3311

## School Lunch at Reformation Lutheran School

2018-2019 School Year

*"He gives food to every creature. His love endures forever." Psalm 136:25*

We can all agree that healthy eating can contribute to healthy learning! We are happy to offer you options to assist with providing your student a healthy and hearty meal for lunch at school. Please review the options for this year and note ordering instructions below.

### Reformation's Wednesday Hot Lunch Program

We are blessed to have a long-standing tradition of weekly hot lunches offered on Wednesday by a group of Reformation Church and School volunteers. This team offers food prepared with attention to healthy, balanced meals, kid-friendly menu items along with love and joy from the team members! The menu for this school year is attached. You may choose to order the entire year of Wednesday Hot Lunches, or you may order on a monthly basis. Monthly orders will be submitted with a Google form and billed through FACTS. Field trips and other activities make every effort to avoid scheduling on Wednesdays. Wednesday meals are available to all Preschool and Grade School students.

### Top Notch Catering Lunches – Monday, Tuesday, Thursday, Friday

Top Notch Catering is a San Diego-based company providing fresh meals to schools and sites throughout San Diego County. The monthly menu offers three main dish choices (hot entrée, vegetarian, and cold lunch), accompanied by fresh vegetables, whole fruit and nutritional drinks.

Orders and payments are made online directly by parents. Please see the attached flyer for information and ordering instructions. Please consult your student's classroom schedule for Field Trips or other schedule considerations when placing orders. Top Notch Catering Lunches are available to all Preschool and Grade School students.



Questions or Concerns? Please contact Sarah Rodrigues in the Financial Office

[rodrigues@refsd.org](mailto:rodrigues@refsd.org) or (858) 291-1036

## HOT LUNCH LIST 2018-2019

Week #	Day: Wednesday	Menu (Menu is subject to change)	Week #	Day: Wednesday	Menu (Menu is subject to change)
1	9/5	Pizza	20	1/30	Chicken Nuggets/Fries
2	9/12	Pasta Bar	21	2/6	Teriyaki Rice Bowls
3	9/19	Hot Dog Bar	22	2/13	Oven Sliders
4	9/26	Taco & Burrito Bar/Nachos	23	2/20	Quesadillas/Beans/Rice
5	10/3	Chicken Nuggets/Fries	24	2/27	Pasta Bar
6	10/10	Lasagna/Garlic Bread	25	3/6	Grilled Cheese Sandwiches
7	10/17	Hamburger Bar	26	3/13	Hamburger Bar
8	10/24	Chili/Cornbread	27	3/20	Lasagna/Garlic Bread
9	10/31	<b>NO HOT LUNCH</b>	28	3/27	Chicken Nuggets/Fries
10	11/7	Taquitos/Rice	29	4/3	*Easter Meal
11	11/14	*Traditional Thanksgiving Meal	30	4/10	Pizza
12	11/21	<b>NO HOT LUNCH</b>	31	4/17	Taco & Burrito Bar/Nachos
13	11/28	Pizza	32	4/24	<b>NO HOT LUNCH</b>
14	12/5	Sloppy Joe's	33	5/1	Rice Bowls
15	12/12	Pasta Bar	34	5/8	Oven Sliders
16	12/19	*Christmas Meal (Tamales, Pozole)	35	5/15	Hot Dog Bar
17	1/9	Pizza	36	5/22	Taquitos/Beans/Rice
18	1/16	Hot Dog Bar	37	5/29	*Hawaiian Luau
19	1/23	Taco & Burrito Bar/Nachos	38	6/5	Pasta Bar

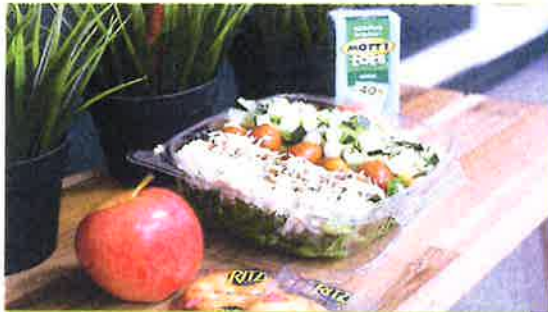
\$5.00 per hot lunch. Drink, chips, fruit/veggie option and dessert are included in the price

\*Special Holiday Meal



# TOP NOTCH CATERING

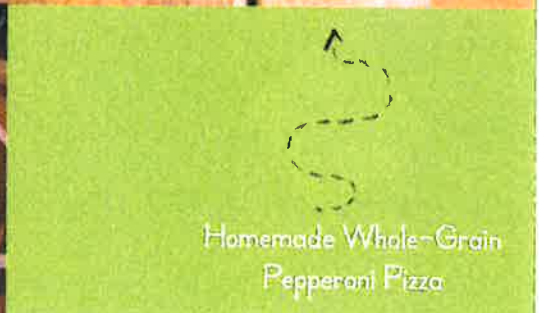
WHERE KIDS LOVE THEIR LUNCHES!



Whole Grain-Rich Hamburgers



Greek Chicken Salad



Homemade Whole-Grain Pepperoni Pizza

## FRESH

We make our meals FRESH each morning and delivered to sites daily. We use fresh local ingredients to help provide the best quality meals we can.

## NUTRITIOUS

We strive to create high-quality meals that not only are nutritious but that kids will enjoy. Our menus are carefully planned to ensure we are offering a variety of nutrients to help support a balanced lifestyle.

## LOCAL

We are a local San Diego company trying to help better our community one meal at a time. We love working with local businesses and non-profits to help San Diego's community flourish.



## Ordering is Easy

1. Find the Link on our website
2. School Password: RLS15
3. Create a username & password
4. Order by 6:00 pm the day before

PRICE: \$5.00/LUNCH

CONTACT US: Email: [lunch@topncatering.com](mailto:lunch@topncatering.com) | Phone: 619-971-4524



@topnotchschoollunches



FOLLOW US ON



@topnotchschoollunches



# APRIL 2018 MENU

## LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Hotdog</b> <b>Grilled Cheese</b> <b>Top Notch Little Dippers</b>  Spinach Salad Carrots	<b>3</b> <b>Chicken Mac N Cheese</b> <b>Mac N Cheese</b> <b>Greek Chicken Pasta</b> <b>Salad</b>  Potato + Arugula Salad Cherry Tomatoes	<b>4</b> <b>Meatball Sub</b> <b>Veggie + Hummus Wrap</b> <b>CA Sushi Roll</b>  Caprese Salad Carrots	<b>5</b> <b>Chicken Tinga Bowl</b> <b>with "refried" beans</b> <b>(gf)</b> <b>Veggie Tinga Bowl with</b> <b>"refried" beans (gf)</b> <b>Chicken Taco Salad</b> Pico de Gallo	<b>6</b> <b>Pepperoni Pizza</b> <b>Cheese Pizza</b> <b>Top Notch Snack Pack</b>  Garden Salad Carrots
<b>9</b> <b>Chicken Drumsticks w/</b> <b>WGR Roll</b> <b>Sunbutter + Jelly</b> <b>Top Notch Little Dippers</b>  Avocado Kale Caesar Carrots	<b>10</b> <b>Chicken Quesadilla</b> <b>Black Bean + Cheese</b> <b>Quesadilla</b> <b>Chipotle Chicken Wrap</b>  Mexican Street Corn Salad Cucumber	<b>11</b> <b>Chicken Teriyaki</b> <b>Tofu Teriyaki</b> <b>Greek Chicken Salad w/</b> <b>WGR Roll</b>  Asian Spinach Salad Carrots	<b>12</b> <b>Bean + Cheese Burrito</b> <b>Philadelphia Sushi Roll</b>  Pico de Gallo Cucumber	<b>13</b> <b>Pepperoni Pizza</b> <b>Cheese Pizza</b> <b>Top Notch Snack Pack</b>  Greek Garbanzo Bean Salad Carrots
<b>16</b> <b>Bean + Cheese Tamale</b> <b>Top Notch Little Dippers</b>  Black Bean Salad Carrots (1 cup)	<b>17</b> <b>Spaghetti Bolognese</b> <b>Spaghetti Marinara</b> <b>Chicken Caesar Wrap</b>  Caesar Salad Cucumber	<b>18</b> <b>Chicken Enchiladas</b> <b>Cheese Enchiladas</b> <b>Chipotle Chicken Wrap</b>  Jicama Salad Carrots	<b>19</b> <b>Corndog</b> <b>Sunbutter + Jelly</b> <b>CA Sushi Roll</b>  Harvest Coleslaw Cucumber	<b>20</b> <b>Pepperoni Pizza</b> <b>Cheese Pizza</b> <b>Top Notch Snack Pack</b>  Greek Garbanzo Bean Salad Carrots
<b>23</b> <b>Hotdog</b> <b>Grilled Cheese</b> <b>Top Notch Little Dippers</b> Asian Coleslaw Carrots	<b>24</b> <b>Chicken Parmesan</b> <b>Veggie + Hummus Wrap</b> <b>Chicken Caesar Wrap</b> Garden Salad Cucumber	<b>25</b> <b>Ham + Egg + Cheese</b> <b>Breakfast Burrito</b> <b>Egg + Cheese Burrito</b> <b>Chicken Potato Salad</b>  Pico de Gallo	<b>26</b> <b>Chicken Mac + Cheese</b> <b>Mac + Cheese</b> <b>Chicken Salad</b> <b>Sandwich</b> Spinach Salad Cucumber	<b>27</b> <b>Pepperoni Pizza</b> <b>Cheese Pizza</b> <b>Top Notch Snack Pack</b> Greek Garbanzo Bean Salad Carrots
<b>Monday</b> <b>30</b> <b>Spaghetti Bolognese</b> <b>Spaghetti Marinara</b> <b>Top Notch Little Dippers</b> Spinach Salad Carrots				