



UPK Meal Form

If you would like your child to be served a morning snack and lunch daily, please complete and return one of the slips below with payment **prior to the first of the month**. For example, September forms should be turned in no later than the last weekday of August.

Please note: This is a monthly meal plan only and the cost is \$100 per month.

Check should be made out to: TLC Brookside or TLC Daycare (Merrick Ave)
 Venmo: @tlcbrookside or @tlcmerrick (Merrick Ave)
 Zelle: Brookside Only tlmerrick@verizon.net

Sample Lunch Menu:

Monday	Tuesday	Wednesday	Thursday	Friday
Mac and Cheese Broccoli or Peas/ Carrots, and Milk	Chicken Fries, Corn, and Milk	Cheese Pizza, Vegetables, Milk	Meatballs, Baked Ziti, Vegetables, Milk	Grilled Cheese, Veggie Sticks, Milk

Weekly Morning Snack Offerings

- Cheese/Crackers
- Applesauce
- Yogurt with Fruit
- Pudding with Fruit
- Nutrigrain Bar
- Muffins

Menus can be found at www.tlcmerrick.com/menus. If you choose to bring snack and lunch, please label with your child's name and NO NUTS or PEANUTS.

Child's Name _____

Month of _____

Parent Signature _____

Please return with payment for \$100

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