



# 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.**

*Checks should be made out to TLC Brookside for Brookside or TLC Daycare for Merrick Ave.*

Sample Lunch Menu:

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza, Corn, Milk	Grilled Chicken, Vegetables, and Pasta, Milk	Brunch for Lunch!	Chicken, Fries, and Milk	Cheese Pizza, Corn, 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](http://www.tlcmerrick.com/menus). If you choose to bring snack and lunch, please label with your child's name and NO NUTS or PEANUTS.

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Child's Name \_\_\_\_\_

Month of \_\_\_\_\_

Parent Signature \_\_\_\_\_

*Please return with payment for \$100*

Child's Name \_\_\_\_\_

Month of \_\_\_\_\_

Parent Signature \_\_\_\_\_

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*Please return with payment for \$100*