



# Lunch Order: Wraps & Smoothies (Mondays)

FEBRUARY—JUNE 2010

Tropical Smoothie Café on Slater’s Lane will resume delivery of wraps with chips and/or smoothies for lunch on Mondays beginning February 1, 2010. Wraps and smoothies are separate, with a fee for each. The prices are \$6 per wrap, \$2.25 per smoothie. Selections change half-way through the semester. Please check your schedules, we will order for the semester and there are no refunds. Have your order and check back to Ms. Stevenson by Friday, December 11, 2009. Thanks. Menu descriptions are included on the next page.

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

WRAPS (\$6 EACH)				SMOOTHIES (\$2.25 EACH)		
Date	Cordon Bleu	Ham & Cheese	Jamaican Jerk Chicken*	Totally Turkey	Jetty Junior	Toucan Delight
2/1						
2/8						
2/15	No School—Presidents’ Day					
2/22						
3/1						
3/8						
3/15						
3/22						
3/29						
Date	Ham & Cheese	King Caesar Chicken	Totally Turkey	Veggie Veggie	Kiwi Quencher	Strawberry Beach
4/5	No School—Spring Break					
4/12						
4/19						
4/26						
5/3						
5/10						
5/17						
5/24						
5/31	No School—Memorial Day					
6/7						

\*spicy

16 WEEKS - Wraps @ \$6 = \$96 • Smoothies @ \$2.25 = \$36 • Total 16 weeks=\$132

Total Wraps \_\_\_\_\_ X \$6 = \_\_\_\_\_ Total Smoothies \_\_\_\_\_ X \$2.25 = \_\_\_\_\_

Amount Paid \$ \_\_\_\_\_ Check # \_\_\_\_\_ Date \_\_\_\_\_

Please make check payable to **Commonwealth Academy**. Thank you for your order.

# Monday Menu (Wraps & Smoothies)

## WRAPS

**Cordon Bleu™**—Chicken breast strips, ham, bacon, swiss cheese & light Ranch dressing wrapped in a white tortilla

**Ham & Cheese**—Ham, romaine lettuce, diced tomatoes, Swiss cheese, wrapped in a white tortilla

**\*Jamaican Jerk Chicken™**—Chicken breast strips, Southwestern rice, corn, black beans, asparagus, onions, low-fat mozzarella cheese & Jamaican jerk sauce, wrapped in a white tortilla

**King Caesar™**—Chicken breast strips, romaine lettuce, diced tomatoes, Parmesan cheese & Caesar dressing, wrapped in a zesty garlic herb tortilla

**Totally Turkey**—Turkey, romaine lettuce, diced tomatoes, Swiss cheese & light Ranch dressing, wrapped in a zesty garlic herb tortilla

**Veggie Veggie™**—Southwestern rice, corn, black beans, asparagus, romaine lettuce, diced tomatoes, onions, Parmesan cheese & balsamic vinaigrette

\*Spicy

## SMOOTHIES

**Jetty Junior™**—Strawberries & banana

**Kiwi Quencher™**—Kiwi, strawberries & non-fat yogurt.

**Strawberry Beach™**—Strawberries & non-fat yogurt.

**Toucan Delight™**—Oranges, strawberries & banana.