

HELPFUL HINTS FOR PROVIDING A CHERRY TREE CLUB LUNCH

INTERESTING FACTS ABOUT LUNCH AT CTC:

- ❖ CTC students receive a breakfast, hot lunch and snack each day, and we are convinced that the improvement in their diet/nutrition has a lot to do with the improvements we see in their behavior.
- ❖ Lunch at the CTC may be the only hot meal that the child has each day.
- ❖ The CTC uses real plates and utensils to eat lunch!
- ❖ Students and CTC staff/volunteers eat together, family style, each day.

HELPFUL GUIDELINES FOR PROVIDING A CTC LUNCH:

- ❖ Enough food should be provided for about 20-24 children.
- ❖ CTC eats lunch around 12:00 each day.
- ❖ Delivery of the meal is flexible:
 - Depending on your schedule: If you work, the meal may be dropped off (& refrigerated) prior to the day it will be eaten or early the morning of the day it will be served.
 - Depending on how much meal preparation is needed: ***If the meal is totally cooked, it may be delivered as late as 11:30. If the meal needs preparation, it should be delivered by 11:00 am. If the meal is frozen, it should be brought a little earlier.***
- ❖ A meal should be well-balanced and include (see back for specific menu ideas!):
 - Meat dish (eg., chicken, turkey, beef); starch dish (eg., potato, rice, pasta); and vegetable dish (eg., cooked broccoli, beans, peas, corn, carrots; raw vegetables like salad, tomatoes, cucumbers, carrots)
 - Or
 - Pasta dish (eg., spaghetti, ziti, lasagna) and vegetable dish.
- ❖ The kids love bread as a side to their meals.
- ❖ A dessert which includes a fruit and a sweet is always appreciated.
- ❖ Drinks do not need to be provided.
- ❖ CTC lunch volunteers will do any food preparation that is necessary, i.e., heating, reheating, steaming, microwaving, etc
- ❖ If you deliver food in your own personal containers, the CTC staff will wash them and leave them on the kitchen counter for you to pick up at your convenience.

OBSERVATIONS RELATING TO THE CTC KIDS' FOOD PREFERENCES!

- ❖ They, like most kids, tend to like their food “separated”, i.e., be careful about fancy casseroles! (Caution: they don't tend to like tuna casserole.)
- ❖ Pork should be avoided: many of our children are not allowed to eat it.
- ❖ Ranch dressing is a favorite with raw and cooked vegetables.
- ❖ The kids love fruit for dessert!
- ❖ If you have a “tried and true” kid's meal, try it out on us!

HOT LUNCH MENU IDEAS

- ✓ Baked chicken legs, mashed potatoes, & corn
- ✓ Turkey dogs, French fries, & salad
- ✓ Breaded boneless chicken, rice, & broccoli
- ✓ English muffin pizzas & salad
- ✓ Swedish meatballs, noodles, and peas
- ✓ Chicken casserole & broccoli
- ✓ Grilled cheese, chicken noodle soup & salad
- ✓ Sweet and sour turkey meatballs, mashed potatoes, & green beans
- ✓ Chicken strips, French fries & fresh cucumbers/tomatoes
- ✓ Fish sticks, rice, & cooked carrots
- ✓ Ziti, meatballs & broccoli
- ✓ Turkey burgers, French fries & corn-on-the-cob

****Please take these as suggestions only!****