



Welcome to the new school year! Ohlsen Foods is pleased to be offering school lunches at Santa Cruz Montessori this year. We are a local business that has been providing Santa Cruz schools with hot, delicious and nutritious lunches for sixteen years. We have our own licensed commercial kitchen where we prepare lunches daily for delivery at lunchtime directly to each of the schools we serve.

**September Main Campus menu:** <http://ohlsenfoods.com/2019-09-MontessoriMainCampus.php>

**September Wavecrest menu:** <http://ohlsenfoods.com/2019-09-MontessoriWavecrest.php>

Please take a few minutes to look at our menu for the first four weeks of September. We offer a choice of a meat dish or a vegetarian dish each day. On Tuesdays we add a third favorite – our bean and cheese burritos (with house-made vegetarian refried beans). Finally, we have a third choice on Fridays, “wrapping” up the week with a fresh cold wrap. In addition to the main dish, we offer a choice between one of two vegetable side dishes and one of two fruit choices. When it is feasible, our fruit and vegetable side dishes will use organic produce. Those with “choosy” eaters, can order just two vegetables or two fruits if they would prefer. We also offer an optional beverage with each meal. The drinks we offer are: low fat, rBST free milk; 100% fruit juice; or bottled water. Our lunches are delivered in two-compartment insulated lunch boxes with each student's name attached. Food is served in reusable containers with cloth napkins and stainless flatware. The contents of the lunchbox should be returned to us each day to help keep the school campus waste free. Reusable containers, napkins and flatware are sanitized for reuse the following day.

Our program is managed directly between you (the customer) and ourselves, freeing school staff from any lunch responsibilities. If you have any questions, suggestions, or concerns, please feel free to contact us directly throughout the year. Each month, we will email a link for the menu to the address you provide us with. The menu can be filled out and submitted directly to us online. Meals can be canceled as late as 9:00AM of the day of service by emailing or calling us and you can choose a credit for a future order or to swap for a different day in the current month. We also try to work with our customer's various dietary restrictions.

We are requesting that orders be mailed by Friday, August 30<sup>th</sup>, in order to allow us to properly prepare for the first day of meals. If you are unable to make this deadline for whatever reason, please feel free to contact us and we will try to accommodate late orders.

### [Frequently Asked Questions](#)

We are looking forward to the new year. Please don't hesitate to e-mail or call if you have any questions.

Thank you,  
Chris & Molly Ohlsen  
Ohlsen Foods

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