



# Wednesday Snack Day

Muffin & Fruit

or

Muffin & Cashews

4 kinds of fabulous muffins:

\*Zucchini Chocolate Chip, Blueberry, Carrot Cake and  
Banana Sunshine (each available in GF/DF versions)

- \* 1 kind of muffin is served each week in a 4 week rotation
- \* Made with organic flour, free range eggs, organic (or local) fruits & veggies when possible. Muffins will be even bigger than last year!
- \* Muffins are delivered to Grades classes in time for snack and to Afternoon Garden as an addition to a packed lunch

**Muffin & Fruit option: \$2.00/week for 15 weeks (\$30.00 total)**

**Muffin & Cashew option: \$2.50/week for 15 weeks (\$37.50 total)**

\* Gluten free/ Dairy free Muffin & Fruit: \$33.75, GF/DF Muffin & Nuts: \$41.25

**Delivery will start September 26 and continue through January 23rd.**

**Thank you for supporting Class 3!!!**

Please return this portion of the sign up sheet and cash/check to the Class 3 mailbox in Williams Hall by **September 10th** with the following info (indicate preferences with an "X"):

Student Name	Grade	Muffin & Fruit	Muffin & Cashews	Gluten Free/ Dairy Free? *

Please make checks payable to "SWS Class of 2024".

Contact Liz Pargament, [pargament@comcast.net](mailto:pargament@comcast.net) with questions.