

# Friday Soup & Muffin Day!

As the chilly days approach, the 4th grade class will be serving a delicious bowl of homemade vegetable soup accompanied by a corn muffin.



Soup Friday will begin **October 20th** and continue through **March 9th** (16 weeks total). Each hearty serving (approx. 1-1/2 c. of soup for regular portion, 2 1/4 c. for large) will be accompanied a corn muffin. Cheese will also be available to top the soup. The tomato based vegetable soup (with rice and lentils) will be completely **vegan and gluten free**. Gluten free/ Dairy free corn muffins are also offered for an additional cost.



*Please return the bottom portion of this form to Tracie Couch, along with your check payable to "SWS Class of 2022," no later than **Friday, October 13th**.*

*Please contact Liz Pargament by email ([pargament@comcast.net](mailto:pargament@comcast.net)) with any questions.*

**\*Each diner must provide his or her own bowl!\***  
**Afternoon Garden Children MAY participate.**

---

## Friday Soup & Muffin Day

Name \_\_\_\_\_ Grade \_\_\_\_\_ Regular/ Large (circle ONE)

Name \_\_\_\_\_ Grade \_\_\_\_\_ Regular/ Large (circle ONE)

Name \_\_\_\_\_ Grade \_\_\_\_\_ Regular/ Large (circle ONE)

\_\_\_ Full 16 weeks of Soup Friday (Oct. 20- Mar. 9)      Regular \$56.00/ Large \$80.00

\_\_\_ ONLY for the first 9 weeks (Oct. 20-Jan. 12)      Regular \$31.50/ Large \$45.00

\_\_\_ ONLY for the next 7 weeks (Jan. 19- Mar. 9)      Regular \$24.50/ Large \$35.00

**GLUTEN FREE/ DAIRY FREE Corn Muffin: YES / NO** \*\*Please add \$0.50 per meal for a gluten free (e.g. Total for 16 weeks \$64.00 for Reg., \$88.00 for Lg.)