



Wednesday Snack Day

Muffin & Clementine

or

Muffin & Cashews*

Allergen alert: Please note that the cashews are roasted in peanut oil

4 kinds of fabulous muffins:

Zucchini Chocolate Chip, Blueberry,

Apple Cinnamon Streusel and Banana Sunshine

(each available in GF/DF versions)

- * 1 kind of muffin is served each week in a 4 week rotation
- * Made with unbleached flour, free range eggs, and organic (or local) fruits & veggies when possible.
- * 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 17 weeks (\$34.00 total)

Muffin & Cashew option: \$2.50/week for 17 weeks (\$42.50 total)

* **Gluten free/ Dairy free Muffin & Fruit: \$38.25, GF/DF Muffin & Nuts: \$46.75**

Delivery will start September 11 and continue through January 31.

Thank you for supporting Class 4!!!

Please return this portion of the sign up sheet and cash/check to the Class 4 mailbox in Williams Hall by **September 6** with the following info (indicate preferences with an "X"):

| Student Name | Grade | Muffin & Clementine | Muffin & Cashews | Gluten Free/ Dairy Free? * |
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Please make checks payable to "SWS Class of 2024".

Contact Liz Pargament, pargament@comcast.net with questions.