

Sample Menu Confirmation Card

For *Eat Well & Keep Moving*, Friday, March 7

Cafeteria Manager

Please complete the information and return the card to the principal's office by 8:00 a.m., Friday, March 7.

Principal's Office

Please ensure that this menu information is relayed to all fourth- and fifth-grade teachers by 8:30 a.m., Friday, March 7.

Menu item	Mark this column if yes, the item will be served.	If no, the item will not be served, name the substituted food.
Chicken stir-fry with vegetables		
Brown rice		
Green beans		
Roasted fish crispy slaw wrap		
Orange wedges		

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).