



Welcome to the new school year! Ohlsen Foods is pleased to be offering school lunches at your school this year. We are a local business that has been providing Santa Cruz schools with hot, delicious and nutritious lunches for thirteen 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.

Please take a few minutes to look at our menu for the last week of August and 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. If you do not see meat in the name of the wrap, it will be vegetarian. 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. For those with “choosy” eaters, they 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.

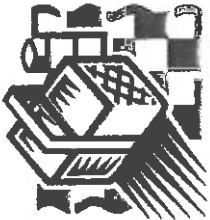
Our program is managed directly between you (the customer) and ourselves, freeing school staff from any lunch responsibilities. If you have any questions, suggestions, or concerns, please feel free to contact us directly throughout the year. For the first month of school, menu orders are to be mailed with payment by check made out to “Ohlsen Foods” directly to us at the address on the order form. For the following months, we will email menus to the address you provide. They can be filled out and submitted directly to us from that form or left at the school office in our folder. Meals can be canceled as late as 9:00AM of the day of service by 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 Wednesday, August 24th, 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.

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

ohlsenfoods@calcentral.com
(831) 471-0468

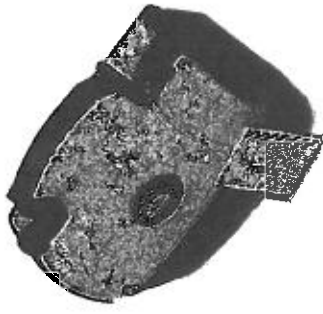


Treat your child to a delicious, nutritious, hot lunch every day!

Ohlsen Foods is pleased to offer a healthy lunch, including an entrée, vegetable, and fruit, delivered directly to your school. Each meal is packaged individually for every student in an insulated bag and delivered shortly before lunchtime.

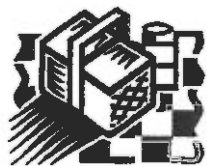
Each day, you have a choice between two entrées, two vegetables, and two fruits. Our menus are provided in advance so you can make your selections. We are happy to try to accommodate special dietary needs you may have.

You will love our delicious meals, and you'll love the convenience of having us prepare a nutritious lunch and delivering it directly to your school every day. Sign up today!



- Baby Back Ribs:** Tender pork ribs basted with a sweet, tangy sauce
- Baked Ziti:** Tube pasta with small chunks of mozzarella and fresh basil baked in a rich house made tomato marinara
- Bean & Cheese Enchilada:** House-made vegetarian refried beans & cheese wrapped in a flour tortilla and baked with red enchilada sauce.
- BRC Casserole:** Broccoli, rice and cheese casserole
- Breakfast Burrito:** Scrambled eggs, cheese & beans wrapped in a warm tortilla
- Cheese Quiche:** A cheese and egg custard cooked in a flaky pie shell
- Chicken Satay:** Grilled strips of marinated chicken breast with a sweet peanut dipping sauce
- Cider-Glazed Pork:** Roast pork loin with an apple cider glaze
- Confetti Spaghetti:** Spaghetti, veggies and tofu with marinara
- Curry Chicken:** Diced breaded chicken with a mild curry sauce served on rice
- Fried Rice:** Marinated tofu tossed with seasoned rice, egg and veggies
- Ginger Chicken:** Tender chicken breast covered with a sweet ginger marinade
- Green Enchilada:** A flour tortilla stuffed with cheese, grilled onions and mild diced chilies and covered with a green sauce.
- Grilled Chicken Caesar Wrap:** Romaine, diced chicken and Caesar dressing wrapped in a flour tortilla
- Grilled Veggie Wrap:** Grilled veggies, fresh spinach, sliced onion and hummus wrapped in a flavored flour tortilla
- Lemon Chicken:** Lightly floured chicken with a sweet lemon sauce on rice
- Lemon Tilapia:** A mild white fish baked in a lemon butter sauce

- Macaroni & Cheese:** Macaroni & cheese made from scratch with Tillamook cheddar cheese
- Paprika Beef:** Cubed beef cooked in a sweet paprika sauce served over pasta
- Pasta Salad:** Noodles, tofu, olives and fresh veggies tossed with dressing and served cold
- Pesto Chicken Toss:** Baked chicken breast-tossed with pesto noodles, potato and veggies
- Pulled Pork:** Slow roasted pork shoulder, shredded and served w/a roll
- Swedish Meatballs:** Beef meatballs and pasta with a sweet cream sauce
- Sweet & Sour Meatballs:** Beef meatballs baked in a sweet & sour sauce
- Taco Salad:** Lettuce, ground beef, beans, corn chips and cheese tossed with Italian dressing
- Teriyaki Chicken Wrap:** Marinated teriyaki chicken breast, chopped cabbage and bean sprouts with a sweet dressing wrapped in a flour tortilla
- Thai Chicken Wrap:** Chicken, sprouts, cucumber with a peanut dressing
- Tri-Tip:** Thin slices of grilled tri-tip beef w/Santa Maria rub, served with oven baked potato wedges
- Turkey Avocado Wrap:** Diced turkey breast, ripe avocado, ranch and romaine wrapped in a flavored flour tortilla
- Turkey Tetrazzini:** Pasta, turkey breast and mushrooms in a creamy Parmesan sauce
- Twice Baked Potato:** A baked potato stuffed with a mixture of potato, cheese, sour cream and spices and then baked a second time
- Vegetable Lasagna:** Shredded vegetables, mozzarella, ricotta and marinara lasagna



Frequently Asked Questions

Listed below are a collection of the common questions that we have been asked by our customers over the years. If you do not see your question listed here, please feel free to contact us and we will try our best to answer it.

Q. Why are all the school days for the calendar month not listed on your menu?

A. Our menus are normally four full weeks in length for ease of readability. These weeks usually map well with the calendar month, but sometimes get out of sync due to holidays and vacations. Just remember we will always send a new menu out a week before the current menu expires. Mark the days you order on your home calendar so you can be sure to track when a lunch is ordered.

Q. If I am ordering two or three days per week, do I have to order the same days of the week all month?

A. No, the days that you order a lunch can be spread around throughout the month. The meal plans we offer are designed to allow you the flexibility to choose the meals you want. Work with your child(ren) to find the days that they would like to order. The number of days applicable to each meal plan are listed in [] in the plan selection section of the menu.

Q. Do we have to order both a vegetable and a fruit each day?

A. No, if you have a "choosy" eater that prefers just fruits or vegetables any particular day, go ahead and order just what they want. Each day, we can prepare an entree and up to two of any side dishes listed for that day. Dressings can be ordered for salads or dipping vegetables.

Q. We will be missing a week this month due to a class camping trip or family vacation, can we still place an order?

A. By all means! If you need to know the pro-rated pricing for the month, based on the number of days you will be ordering, please ask us and we can let you know. Optionally, you can order the number of days listed for one of the meal plans (2 or 3 days per week) spread around the missing dates.

Q. We were running late this morning, can we order a meal for today?

A. Unfortunately, we are not able to accommodate last minute orders. We keep our pricing low by taking orders in advance and purchasing just the right amount of provisions needed to prepare the meals that have been ordered.

Q. Can I change a lunch we ordered later in the month?

A. Yes, just send us an email with the day of the meal and the new choices.

Q. Are your meals organic?

A. We try to source our ingredients locally and organically when possible. Our animal proteins are not typically organic, but when feasible we purchase antibiotic free and hormone free meat.

Q. Do you work with dietary restrictions or students with allergies?

A. Yes we will try to do our best to meet your needs. First, please be aware that we do work with a variety of ingredients that can trigger allergies, including dairy, gluten, nuts and soy. We work hard to accommodate special diets, but we do not have dedicated equipment for preparing all dishes. When we are notified about a special need, we will clean and sanitize our equipment to prepare the meals with those restrictions in mind and we will avoid cross-contamination. We may need to make substitutions to meet your needs. An example of a change we have made in the past is to prepare Grilled Chicken Alfredo with gluten-free pasta and no sauce for students with gluten and dairy allergies. Please indicate any allergy requests each month to ensure that we keep track of it.

Q. How do you handle sick days or field trips?

A. We are able to cancel any ordered meal up until 9:00 AM on the day of service. We would prefer as much advanced notice as possible so that we can be properly prepared. Canceled meals will be credited to your account. Email is the preferred method of notification so that we have a record of the change.

Q. How can I use credits from canceled meals?

A. You can swap for a different day within the current menu, just let us know the new date and order. Optionally, credits can be applied toward a future order. Ask us for your credit balance and we can let you know before you place your next order.

Q. How can I make payment for an order?

A. Payments for orders should be made at the time of your order. We accept payment via check (made to "Ohlsen Foods"), cash or money order. We want to keep your cost as low as possible and therefore do not accept payment via credit card or PayPal due to the merchant fees we are charged. If you are placing orders for multiple family members, you can submit a single payment for all orders. Many of our customers are using their own bank's online bill payment system. If you choose to do this, payment can be mailed to our home office address: Ohlsen Foods, 735 Prospect Heights, Santa Cruz, CA 95065. When you are prompted for an account number, please list your school and child's name so we know which account to credit. Finally, please send us an email indicating when the bank anticipates us receiving payment so we know to look for it.

Q. What is the best way to reach you if we have questions or problems?

A. Email is the easiest method for us, as we will have a record of the question and can respond to it when we are free. The phone number we provide is our home phone. While we do have voice mail, we request no calls after 10:00 PM or before 7:00 AM. If you have a problem with a meal that we delivered, please contact us as soon as possible, so we can try to track down what happened.

Q. Can I ask questions about your lunch program with school staff?

A. Our program is designed to make life easier for both you and the school. To ease the burden from the school, we ask that if you have any questions, comments or concerns that you contact us directly. The school provides a location for orders and payments to be left for us to collect up through the deadlines list on our menus. Also, payments should be made directly to Ohlsen Foods, not to the school.

Thank you,
Chris & Molly Ohlsen
Ohlsen Foods

ohlsenfoods@calcentral.com
(831) 471-0468

August 2016

Good

Shepherd

Grade:

Child's name:

Monday, 08/29/16 <input type="checkbox"/> Lemon Chicken <input type="checkbox"/> Carrots <input type="checkbox"/> Sliced Apple <input type="checkbox"/> Caesar <input type="checkbox"/> Ranch		Tuesday, 08/30/16 <input type="checkbox"/> Turkey Tetrazzini <input type="checkbox"/> Sliced Cucumber <input type="checkbox"/> Orange Wedges <input type="checkbox"/> Caesar <input type="checkbox"/> Ranch <input type="checkbox"/> Juice		Wednesday, 08/31/16 No Hot Lunch Served		Thursday, 09/01/16 <input type="checkbox"/> Swedish <input type="checkbox"/> Meatballs <input type="checkbox"/> Bean Salad <input type="checkbox"/> Banana <input type="checkbox"/> Caesar <input type="checkbox"/> Ranch		Friday, 09/02/16 <input type="checkbox"/> Noodles Alfredo <input type="checkbox"/> Tossed Salad <input type="checkbox"/> Raisins <input type="checkbox"/> Italian <input type="checkbox"/> None	
<input type="checkbox"/> Breakfast Burrito <input type="checkbox"/> w/Mini Muffin <input type="checkbox"/> Celery Sticks <input type="checkbox"/> Yogurt & Berries <input type="checkbox"/> Italian <input type="checkbox"/> None		<input type="checkbox"/> Bean Burrito <input type="checkbox"/> Corfetti Spaghetti <input type="checkbox"/> Edamame <input type="checkbox"/> Strawberries <input type="checkbox"/> Italian <input type="checkbox"/> None		No Hot Lunch Served		No Hot Lunch Served		Half Day No Hot Lunch Served	

Submit to School

Print Form



September 2016

Please complete this form and place it in the mail by **Wednesday, August 24th** to:
 Ohlsen Foods, 735 Prospect Heights, Santa Cruz, CA 95065

For more information, email us at ohlsenfoods@calcentral.com
 or call Chris or Molly Ohlsen at (831)471-0468.

Child's name: _____
 Parent's name: _____
 E-mail: _____

Grade: _____
 Phone #: _____

Select a plan
 (price includes
 tax):

A-All Week [18 days] \$108.00
 B-3 days/wk [15 days] \$90.00
 C-2 days/wk [10 days] \$60.00

Meal Only \$177.00
 Meal and Drink \$97.90
 Meal and Drink \$65.00

We reserve the right to substitute fruits & vegetables based on availability.

Please select one entrée, one vegetable, one fruit, and one dressing for each day.

Monday, 09/05/16	Tuesday, 09/06/16	Wednesday, 09/07/16	Thursday, 09/08/16	Friday, 09/09/16	Grilled Veggie Wrap
Labor Day <input type="checkbox"/> Taco Salad <input type="checkbox"/> Jicama Sticks <input type="checkbox"/> Strawberries <input type="checkbox"/> Caesar <input type="checkbox"/> Ranch <input type="checkbox"/> Juice <input type="checkbox"/> Milk	<input type="checkbox"/> Bean Burrito <input type="checkbox"/> Baked Ziti <input type="checkbox"/> Edamame <input type="checkbox"/> Sliced Apple <input type="checkbox"/> Italian <input type="checkbox"/> None <input type="checkbox"/> Juice <input type="checkbox"/> Milk	No Hot Lunch Served	<input type="checkbox"/> Paprika Beef <input type="checkbox"/> Corn Salad <input type="checkbox"/> Fruit Salad <input type="checkbox"/> Caesar <input type="checkbox"/> Ranch <input type="checkbox"/> Juice <input type="checkbox"/> Milk	<input type="checkbox"/> Twice Baked Potato <input type="checkbox"/> Tossed Salad <input type="checkbox"/> Grapes <input type="checkbox"/> Italian <input type="checkbox"/> None <input type="checkbox"/> Juice <input type="checkbox"/> Milk	<input type="checkbox"/> Ginger Chicken <input type="checkbox"/> Carrots <input type="checkbox"/> Orange Wedges <input type="checkbox"/> Caesar <input type="checkbox"/> Ranch <input type="checkbox"/> Juice <input type="checkbox"/> Milk
<input type="checkbox"/> Pesto Chicken <input type="checkbox"/> Toss <input type="checkbox"/> Chilled Broccoli <input type="checkbox"/> Sliced Peach <input type="checkbox"/> Caesar <input type="checkbox"/> Ranch <input type="checkbox"/> Juice <input type="checkbox"/> Milk	<input type="checkbox"/> Chicken Strips <input type="checkbox"/> Carrots <input type="checkbox"/> Grapes <input type="checkbox"/> Caesar <input type="checkbox"/> Ranch <input type="checkbox"/> Juice <input type="checkbox"/> Milk	No Hot Lunch Served	<input type="checkbox"/> Tri-Tip w/Oven <input type="checkbox"/> Fries <input type="checkbox"/> Coleslaw <input type="checkbox"/> Strawberries <input type="checkbox"/> Caesar <input type="checkbox"/> Ranch <input type="checkbox"/> Juice <input type="checkbox"/> Milk	<input type="checkbox"/> Chips w/Bean & Cheese Dip <input type="checkbox"/> Tossed Salad <input type="checkbox"/> Banana <input type="checkbox"/> Italian <input type="checkbox"/> None <input type="checkbox"/> Juice <input type="checkbox"/> Milk	<input type="checkbox"/> Chicken Satay w/ Peanut Dip <input type="checkbox"/> Edamame <input type="checkbox"/> Fruit Salad <input type="checkbox"/> Caesar <input type="checkbox"/> Ranch <input type="checkbox"/> Juice <input type="checkbox"/> Milk
<input type="checkbox"/> Hot Dogs & Beans <input type="checkbox"/> Sliced Cucumber <input type="checkbox"/> Orange Wedges <input type="checkbox"/> Caesar <input type="checkbox"/> Ranch <input type="checkbox"/> Juice <input type="checkbox"/> Milk	<input type="checkbox"/> Baby Back Ribs <input type="checkbox"/> Carrots <input type="checkbox"/> Sliced Apple <input type="checkbox"/> Caesar <input type="checkbox"/> Ranch <input type="checkbox"/> Juice <input type="checkbox"/> Milk	No Hot Lunch Served	<input type="checkbox"/> Chicken <input type="checkbox"/> Potstickers <input type="checkbox"/> Edamame <input type="checkbox"/> Fruit Salad <input type="checkbox"/> Caesar <input type="checkbox"/> Ranch <input type="checkbox"/> Juice <input type="checkbox"/> Milk	<input type="checkbox"/> Vegetable Lasagna <input type="checkbox"/> Chilled Broccoli <input type="checkbox"/> Sliced Nectarine <input type="checkbox"/> Italian <input type="checkbox"/> None <input type="checkbox"/> Juice <input type="checkbox"/> Milk	<input type="checkbox"/> Pulled Pork <input type="checkbox"/> Coleslaw <input type="checkbox"/> Grapes <input type="checkbox"/> Caesar <input type="checkbox"/> Ranch <input type="checkbox"/> Juice <input type="checkbox"/> Milk
<input type="checkbox"/> Grilled Chicken <input type="checkbox"/> Alfredo <input type="checkbox"/> Spinach Salad <input type="checkbox"/> Applesauce <input type="checkbox"/> Caesar <input type="checkbox"/> Ranch <input type="checkbox"/> Juice <input type="checkbox"/> Milk	<input type="checkbox"/> Sweet & Sour Meatballs <input type="checkbox"/> Cucumber Salad <input type="checkbox"/> Orange Wedges <input type="checkbox"/> Caesar <input type="checkbox"/> Ranch <input type="checkbox"/> Juice <input type="checkbox"/> Milk	No Hot Lunch Served	<input type="checkbox"/> Cider-Glazed Pork Loins <input type="checkbox"/> Carrot Salad <input type="checkbox"/> Yogurt & Berries <input type="checkbox"/> Caesar <input type="checkbox"/> Ranch <input type="checkbox"/> Juice <input type="checkbox"/> Milk	<input type="checkbox"/> BRC Casserole <input type="checkbox"/> Celery Sticks <input type="checkbox"/> Grapes <input type="checkbox"/> Italian <input type="checkbox"/> None <input type="checkbox"/> Juice <input type="checkbox"/> Milk	<input type="checkbox"/> Lemon Tilapia <input type="checkbox"/> Edamame <input type="checkbox"/> Fruit Salad <input type="checkbox"/> Caesar <input type="checkbox"/> Ranch <input type="checkbox"/> Juice <input type="checkbox"/> Milk
<input type="checkbox"/> Pasta Salad <input type="checkbox"/> Chilled Broccoli <input type="checkbox"/> Dried Apricots <input type="checkbox"/> Italian <input type="checkbox"/> None <input type="checkbox"/> Juice <input type="checkbox"/> Milk	<input type="checkbox"/> Bean Burrito <input type="checkbox"/> Baked Pasta w/ Roasted Veggies <input type="checkbox"/> Carrots <input type="checkbox"/> Grapes <input type="checkbox"/> Italian <input type="checkbox"/> None <input type="checkbox"/> Juice <input type="checkbox"/> Milk	No Hot Lunch Served	<input type="checkbox"/> Turkey Avocado Wrap <input type="checkbox"/> Tomato Soup w/ Grilled Cheese <input type="checkbox"/> Tossed Salad <input type="checkbox"/> Banana <input type="checkbox"/> Italian <input type="checkbox"/> None <input type="checkbox"/> Juice <input type="checkbox"/> Milk	<input type="checkbox"/> Turkey Avocado Wrap <input type="checkbox"/> Spinach Ravioli <input type="checkbox"/> Tossed Salad <input type="checkbox"/> Fresh Pineapple <input type="checkbox"/> Italian <input type="checkbox"/> None <input type="checkbox"/> Juice <input type="checkbox"/> Milk	<input type="checkbox"/> Turkey Avocado Wrap <input type="checkbox"/> Spinach Ravioli <input type="checkbox"/> Tossed Salad <input type="checkbox"/> Fresh Pineapple <input type="checkbox"/> Italian <input type="checkbox"/> None <input type="checkbox"/> Juice <input type="checkbox"/> Milk