

PRA EMERGENCY LUNCH POLICY 2015 – 2016

If your student has lost or forgotten their lunch or if their lunch is no longer edible due to unforeseen circumstances, an Emergency Lunch will be provided by Prospect Ridge Academy. The Emergency Lunch contains a sandwich packaged snack, and a bottle of water in a "grab and go" paper sack. The cost of the Emergency Lunch is \$5.00 and this fee will be posted to your student's Infinite Campus Account for payment.

When a student forgets their lunch, it is strongly recommended that they check the green lunch bin in their lunch room for a parent delivered lunch prior to taking an Emergency Lunch. Once an Emergency Lunch is given out the lunch cannot be returned and the student's Infinite Campus Account will be charged.

Sourdough Bread

Ingredients:

Natural White Enriched, unbleached white, wheat flour; Water; Yeast; Sugar; Soy oil; Malt; Salt; Cultured Whey (From Milk; Sour Starter; Enzymes).

Allergen Information:

Contains: Milk/Dairy, Soybeans, Wheat

Nutrition Facts

Serving Size 43g

Servings Per Container about 0

Amount Per Serving

Calories 100 Calories from Fat 10

% Daily Value *

Total Fat 1g 1%

Fat-Saturated 0g 1%

Fat-Trans 0g 0%

Fat-Polyunsaturated 0g 0%

Fat-Monounsaturated 0g 0%

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 19g 6%

Dietary Fiber 1g 3%

Sugars 1g 0%

Protein 3g

Vitamin A 0%•Vitamin C 4%

Calcium 0%•Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| | Calories: 2,000 | 2,500 |
|---------------|------------------------|--------------|
| Total Fat | Less than 65g | 80g |
| Saturated Fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Total Carbs | 300g | 375g |
| Dietary Fiber | 25g | 30g |



16607 N. Washington Street

Robert Meyer
720-519-5013
bmkcolorado@gmail.com

Rich's White Gluten Free Bread

Ingredients

EGG WHITES, CORNSTARCH, TAPIOCA STARCH, PALM OIL, HONEY, FILTERED WATER, DISTILLED MONOGLYCERIDES, MALTODEXTRIN, CONTAINS LESS THAN 2% OF THE FOLLOWING:, RICE BRAN AND GERM, YEAST, SALT, APPLE CIDER VINEGAR, CARBOHYDRATE GUM, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), XANTHAN GUM, PECTIN, GUAR GUM, CITRUS FIBER, CALCIUM SULFATE, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, ENZYME. CONTAINS: EGGS MANUFACTURED ON SHARED EQUIPMENT WITH SOY

Allergen Information

Contains: Eggs

Free From: Crustaceans, Fish, Milk/Dairy, Nuts, Peanuts, Sesame Seeds, Soybeans, Gluten, Mustard, Wheat

May Contain: Sulphur Dioxide