



**ROBINSON SCHOOL 5K
HAWK NEON RUN**



ROBINSON 5K+ REGISTRATION FORM – SEPTEMBER 28TH 2019
BENEFITING THE ROBINSON EDIBLE GARDEN AND AQUAPONICS LAB
Regular - \$35 | Race Day - \$40 | Chip - \$3

September 16th-September 20th (Menu is subject to change upon availability of produce)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> • Cornmeal* 	<ul style="list-style-type: none"> • Oatmeal* 	<ul style="list-style-type: none"> • Coconut Cornstarch* 	<ul style="list-style-type: none"> • Cream of Wheat* 	<ul style="list-style-type: none"> • French Toast
SNACK	<ul style="list-style-type: none"> • 4onz Seasonal Fresh Fruits • Milk 	<ul style="list-style-type: none"> • 4onz Seasonal Fresh Fruits • Milk 	<ul style="list-style-type: none"> • 4onz Seasonal Fresh Fruits • Milk 	<ul style="list-style-type: none"> • 4onz Seasonal Fresh Fruits • Milk 	<ul style="list-style-type: none"> • Smoothie (Fruits and Apple Juice) • Milk
LUNCH	<ul style="list-style-type: none"> • Minced Meat (Picadillo Criollo) • White Rice • Sweet Plantain 	<ul style="list-style-type: none"> • BBQ Pork Pieces • Mashed Potato* 	<ul style="list-style-type: none"> • Turkey Chili w/beans • White Rice 	<ul style="list-style-type: none"> • Maple Apple Sausage • Oven Crispy Fries 	<ul style="list-style-type: none"> • Panko Oven Tenders* • Rice & Beans (Mamposteao)

Carbs (rice, potato, pasta etc.) portion consists of 1/3 cup cooked
beans or vegetables portion consists of 1/3 cup cooked
Protein is 3onz raw which becomes 2onz cooked=1/4 cup cooked

ALLERGIES: Dairy and Egg (identified with *) Morning creams will be made with water for particular students

Carbohidratos (arroz, papa, pasta etc.) debe ser una porción de 1/3 taza ya cocido
Granos y Vegetales debe ser una porción de 1/3 taza ya cocida
Proteína es 3onz. crudas que se convierte en 2 onz= 1/4 taza cocida