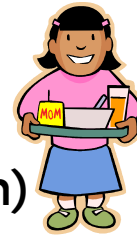




# Be a P.A. L! (Parent Assisting at Lunch)



We have a new school lunch program featuring transfat-free, healthier lunch options including a "nutrition bar" with a selection of fruits and vegetables. The children will need some help with the new approach, and we're looking for parents to come in twice a month (or more if you can) **to help out through December.**

P.A.L.s will help the children line up for service, assist with serving and cheerfully guide the children as they get used to the system.

This is a great opportunity to help at school, encourage good nutrition and help create a welcoming environment for the children at lunchtime. If you're interested, please fill out this form and send it in right away.

For questions, please contact Excelsior Coordinator Lori Bauer at [lorimcbauer@yahoo.com](mailto:lorimcbauer@yahoo.com) or Maidu Co-Coordinator Jessica Rafanan or Angela Kirton at [jrafanan@comcast.net](mailto:jrafanan@comcast.net) or [thekirtonfamily@yahoo.com](mailto:thekirtonfamily@yahoo.com).

Please send in volunteer form **as soon as possible.**

## P.A.L – Parents Assisting at Lunch Sign-up Form (Volunteers through December) – Maidu/Excelsior P.T. C.

**Maidu 11:15-12:25**  
(11:15-11:25 set up,  
11:25-12:25 Lunch service)

**Excelsior 11:30-12:45**  
(11:30-12:00 set up,  
12:00-12:45 lunch service)

Circle days available:

Circle days available:

M T W Th Fr

M T W Th Fr

Your name \_\_\_\_\_

E-mail Address \_\_\_\_\_

Home Phone Number \_\_\_\_\_

Cell Phone Number \_\_\_\_\_