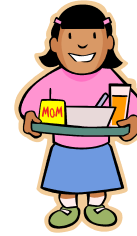




Be a P.A. L! (Parents Assisting at Lunch)



Last year, PTC introduced its PAL (Parents Assisting at Lunch) program to help with the new school lunch program featuring transfat-free, healthier lunch options including a “nutrition bar” with a selection of fruits and vegetables. The PAL program has been such a success that we will continue it this year. We’re looking for parents to come in once or twice a month (or more if you can) to help out.

PALs will help the children line up for service, assist with serving and cheerfully guide the children through the hot lunch line and nutrition bar.

This is a great opportunity to help at school, encourage good nutrition and 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 PAL Coordinator Jessica Rafanan at jrafanan@comcast.net.

Please return volunteer form **as soon as possible**.

P.A.L – Parents Assisting at Lunch Sign-up Form Maidu/Excelsior P.T. C.

Maidu 10:55-12:25
(10:55-11:00 set up,
11:00-12:25 lunch service)

Excelsior 11:50-1:05
(11:50-12:00 set up,
12:00-1:05 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 _____