



Freshly blended smoothies for AfterCare at the Academy of Our Lady of Mount Carmel!

Beginning Wednesday, February 24th, OLMC will be offering smoothies during AfterCare through the program Sips & Kicks. Smoothies will be offered on Wednesdays and Thursdays at 3pm. They MUST be preordered each week. Each smoothie is \$3.00. You may pay by cash or check. All checks should be made payable to OLMC.

Benefits of smoothies:

- ✓ Offer pure nutrition
- ✓ Kids eat veggies without realizing it
- ✓ They are low in calories, but filling because they contain nutritional fiber
- ✓ They are easy to digest
- ✓ No juice, no nuts, no dairy

Please return the bottom of this form with payment to the Main Office

Student's Name: _____

Grade: _____

Wednesday (2/24) – Tropical Red - \$3.00 each
A blend of strawberry, mango, pineapple and banana

_____ Qty.

Thursday (2/25) – Purple Berry - \$3.00 each
A blend of blueberry, pineapple, kale and banana

_____ Qty.

_____ Total