



Student's Name _____ Teacher _____

Regular Meals Dates: _____

Veggie Option Dates: _____

TOTAL # of days ordered _____ x \$7 = \$ _____

Parent/Guardian name _____ phone # _____

Please sign and return top portion of form by

OCTOBER 25th

-----Keep bottom portion-----

Day	Date	Regular	Veggie	Snack
Mon	4	Turkey Bunwich	Roast red Pepper Bunwich	Apple Sauce
Tue	5	Grilled Cheese Sandwich		Veggies and Dip
Wed	6	Hotdog	Veggie Dog	Fresh Fruit
Thurs	7	Three Cheese Pizza		Veggies and Dip
Fri	8	Crispy Chicken Wrap	Chickpea Caesar Wrap	Fresh Fruit
Holiday				
Tue	12	Pizza Bagel - Ham	Pizza Bagel – Red Peppers	Yogurt and Granola
Wed	13	Chicken Nuggets	Veggie Nuggets	Veggies and Dip
Thurs	14	Beef Burrito	Bean and Cheese Burrito	Fresh Fruit
Fri	15	Crunchy Chicken Wrap	Chickpea Ranch Wrap	Fresh Fruit
Mon	18	Tzatziki & Pita with Veggies		Yogurt and Granola
Tue	19	Chicken Quesadilla	Refried Bean Quesadilla	Veggies and dip
Wed	20	Perogies		Fresh Fruit
Thur	21	Chicken Burger	Veggie Burger	Fresh Fruit
Fri	22	Ham & Cheese Sandwich	Veggie Sandwich	Veggies and dip
Mon	25	Pancakes with bacon	Pancakes with fruit salad	Yogurt and Granola
Tue	26	Cheese Burger	Veggie Burger	Veggies and Dip
Wed	27	Chicken Caesar Salad	Chickpea patty Caesar Salad	Fresh Fruit
Thur	28	Spaghetti with Meat Sauce	Spaghetti with veggie sauce	Veggies and Dip
Fri	29	Chipotle Chicken Wrap	Chipotle Chickpea Wrap	Fresh Fruit

- Cost for the full month is 19 lunches x \$7 = \$133
- Cheque or cash only. We do not have Online payments available
- BEST PAC Hot Lunch Senior Froggy is on November 8. Please pay PAC separately
- Main meal and side are both served at lunchtime. Please pack a snack for recess break

Sorry...no late orders accepted after October 25th