

JANUARY

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 DECEMBER 13th

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

Day	Date	Regular	Veggie	Snack
Mon	6	Hotdog	Veggie Dog	Yogurt and Granola
Tue	7	Perogies		Carrots and Dip
Wed	8	Teriyaki Chicken Stir-Fry on Rice	Veggie Stir-Fry on Rice	Fresh Fruit
Thu	9	Penne Alfredo w/Garlic Toast		Celery and Dip
Fri	10	Crispy Chicken Wrap	Chickpea Caesar Wrap	Apple Slices
Mon	13	Pizza Pretzel		Apple Slices
Tue	14	Chicken Curry on Rice	Cauliflower Curry on Rice	Yogurt and Granola
Wed	15	Beef and Cheese Burrito	Bean and Cheese Burrito	Carrots and Dip
Thu	16	Chicken Nuggets	Veggie Nuggets	Cucumber slices
*Fri	17	Crunchy Chicken Wrap	Chickpea Ranch Wrap	Fresh Fruit
Mon	20	Ham Bunwich	Red Pepper Bunwich	Yogurt and Granola
Tue	21	Broccoli Mac & Cheese		Carrots and Dip
Wed	22	Cheese Burger	Veggie Burger	Celery and Dip
Thu	23	Three Cheese Pizza		Fresh Fruit
Fri	24	Pita & Tzatziki		Veggies
Mon	27	Cheese Pizza Bagel		Yogurt and Granola
Tue	28	Grilled Cheese		Carrots and Dip
Wed	29	Chicken Burger	Veggie Burger	Celery and Dip
Thu	30	Spaghetti w/ Meat Sauce	Spaghetti w/ Marinara Sauce	Fresh Fruit
Fri	31	Chicken Caesar Salad	Chickpea patty Caesar Salad	Fruit Cup

- Cost for the full month is 20 lunches x \$7 = \$140
- Cheque or cash only. Do not combine with PAC money. We do not have Online payments available
- *BEST PAC Hot Lunch - PANAGO is on JANUARY 17TH. 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 December 13th