



Wexford Meals

“1, 2, 3, 4 aim for four”



The Lunch Program offers items from each of the four food groups to ensure a variety of nutrients required for good health.

Circle the requested drink for each day. White = Wh, Chocolate = Ch, Juice =J, Iced Tea = IT
 Circle for Homemade Chicken Soup with veggies: Yes or No.
 Any meal can be substituted with Pizza or Chicken Strips

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Ch or Wh or J or IT Rice & Ribs Fruit Bar	2 Ch or Wh or J or IT Piece of Chicken Chips
5 Ch or Wh or J or IT Meatloaf/Gravy Mash Potatoes	6 Ch or Wh or J or IT Chicken Strips Chips	7 Ch or Wh	8 Ch or Wh or J or IT Noodles & Chicken Fruit Bar	9 Ch or Wh or J or IT Soup/Bun Fruit Bar
12 Ch or Wh or J or IT Mac & Cheese Fruit	13 Ch or Wh or J or IT Pogo's Chips	14 Ch or Wh	15 Ch or Wh or J or IT Alphagetti/Bun Fruit Bar	16 No School Full Day BASC
19 No School No BASC	20 Ch or Wh or J or IT Hamburger Chips	21 Ch or Wh	22 Ch or Wh or J or IT Cheese Quesadilla Fruit Bar	23 Ch or Wh or J or IT Pizza Jello
26 Ch or Wh or J or IT Soup/Bun Fruit Bar	27 Ch or Wh or J or IT Chicken Nuggets Chips	28 Ch or Wh		

..... KEEP TOP PART FOR YOUR RECORDS

Name: _____ Grade: _____

Meal	\$4.90	x	_____	=	_____
X Drink	\$1.00	x	_____	=	_____
X Tart	\$1.00	x	_____	=	_____
Total \$		_____			

February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Meal____ Ch or Wh or J or IT X drink____ X Tart ____	2 Meal____ Ch or Wh or J or IT X drink____ X Tart ____
5 Meal____ Ch or Wh or J or IT X drink____ X Tart ____	6 Meal____ Ch or Wh or J or IT X drink____ X Tart ____	7 X drink____ Ch or Wh	8 Meal____ Ch or Wh or J or IT X drink____ X Tart ____	9 Meal____ Homemade: Yes or No Ch or Wh or J or IT X drink____ X Tart ____
12 Meal____ Ch or Wh or J or IT X drink____ X Tart ____	13 Meal____ Ch or Wh or J or IT X drink____ X Tart ____	14 X drink____ Ch or Wh	15 Meal____ Ch or Wh or J or IT X drink____ X Tart ____	16 No School
19 No School	20 Meal____ Ch or Wh or J or IT X drink____ X Tart ____	21 X drink____ Ch or Wh	22 Meal____ Ch or Wh or J or IT X drink____ X Tart ____	23 Meal____ Ch or Wh or J or IT X drink____ X Tart ____
26 Meal____ Homemade: Yes or No Ch or Wh or J or IT X drink____ X Tart ____	27 Meal____ Ch or Wh or J or IT X drink____ X Tart ____	28 X drink____ Ch or Wh		

Please make cheques payable to Wexford Street Projects.