



January 2018 Lunches

“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 or Soup.

Monday	Tuesday	Wednesday	Thursday	Friday
8 Ch or Wh or J or IT Grilled Cheese Jello	9 Ch or Wh or J or IT Chicken Strips Chips	10 Ch or Wh	11 Ch or Wh or J or IT Soup/Bun Fruit Bar	12 NO SCHOOL
15 Ch or Wh or J or IT Pancakes Fruit	16* Ch or Wh or J or IT Tim Hortons* Fruit	17 Ch or Wh	18 Ch or Wh or J or IT Perogies/Kabassa Fruit Bar	19 Ch or Wh or J or IT Taco Salad Chips
22 Ch or Wh or J or IT Mac & Cheese Casserole Fruit	23 Ch or Wh or J or IT Chicken Nuggets Chips	24 Ch or Wh	25 Ch or Wh or J or IT Pizza Fruit	26 Ch or Wh or J or IT Spaghetti/Meatballs Fruit Bar
29 Ch or Wh or J or IT Soup/Bun Fruit Bar	30 Ch or Wh or J or IT Pogos Cookies	31 Ch or Wh		

..... KEEP TOP PART FOR YOUR RECORDS

Name: _____ Grade: _____

If ordering Tim Hortons, orders must be in by January 8th.

• Jan 16th Tim Hortons Sub: Turkey Ham

Meal \$4.90 x ____ = ____
 X Drink \$1.00 x ____ = ____
 X Cupcake \$1.00 x ____ = ____
 Total \$ _____

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
8 Meal____ Ch or Wh or J or IT X drink____ X Cupcake____	9 Meal____ Ch or Wh or J or IT X drink____ X Cupcake____	10 Ch or Wh X drink____	11 Meal____ Ch or Wh or J or IT X drink____ X Cupcake____	12 NO SCHOOL
15 Meal____ Ch or Wh or J or IT X drink____ X Cupcake____	16 Meal____ Ch or Wh or J or IT X drink____ X Cupcake____	17 Ch or Wh X drink____	18 Meal____ Ch or Wh or J or IT X drink____ X Cupcake____	19 Meal____ Ch or Wh or J or IT X drink____ X Cupcake____
22 Meal____ Ch or Wh or J or IT X drink____ X Cupcake____	23 Meal____ Ch or Wh or J or IT X drink____ X Cupcake____	24 Ch or Wh X drink____	25 Meal____ Ch or Wh or J or IT X drink____ X Cupcake____	26 Meal____ Ch or Wh or J or IT X drink____ X Cupcake____
29 Meal____ Ch or Wh or J or IT X drink____ X Cupcake____	30 Meal____ Ch or Wh or J or IT X drink____ X Cupcake____	31 Ch or Wh X drink____		

Please make cheques payable to Wexford Street Projects.