



# 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 Chicken Caesar Salad Toast/ Fruit Bar	2 NO LUNCH 11:30 Dismissal
5 Ch or Wh or J or IT Shepards Pie Fruit	6 Ch or Wh or J or IT Chicken Strips Chips	7 Ch or Wh	8 Ch or Wh or J or IT Soup/Bun Fruit Bar	9 Ch or Wh or J or IT Fish Sticks Chips
12 Ch or Wh or J or IT Sloppy Joe Fruit	13 Ch or Wh or J or IT <b>Tim's Hortons Ham*</b> Chips	14 Ch or Wh	15 Ch or Wh or J or IT Beef Stew/Bun Fruit Bar	16 Ch or Wh or J or IT Mac & Cheese Fruit
19 Ch or Wh or J or IT Turkey/Gravy Mash Potatoes	20 Ch or Wh or J or IT Pizza Pop's Chips	21 Ch or Wh	22 Ch or Wh or J or IT Soup/Bun Fruit Bar	23 <b>Booster Juice**</b> Pizza Fruit Bar

**If ordering Tim Hortons or Booster Juice, orders must be in by March 5<sup>th</sup>.**  
 \*March 13<sup>th</sup> Tim Hortons Sub: Ham   
 \*\*March 23<sup>rd</sup> Booster Juice: Strawberry Sunshine  Very Berry  Mango Hurricane

..... KEEP TOP PART FOR YOUR RECORDS .....

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

If ordering Tim Hortons or Booster Juice, orders must be in by March 5<sup>th</sup>.

- March 13<sup>th</sup> **Tim Hortons Sub:** Ham
- March 23<sup>rd</sup> **Booster Juice Day:**  
 Strawberry Sunshine  Very Berry  Mango Hurricane

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

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Meal____ Ch or Wh or J or IT X drink____ X ATO ____	2 <b>NO LUNCH</b> 11:30 Dismissal
5 Meal____ Ch or Wh or J or IT X drink____ X ATO ____	6 Meal____ Ch or Wh or J or IT X drink____ X ATO ____	7 X drink____ Ch or Wh	8 Meal____ <b>Homemade: Yes or No</b> Ch or Wh or J or IT X drink____ X ATO ____	9 Meal____ Ch or Wh or J or IT X drink____ X ATO ____
12 Meal____ Ch or Wh or J or IT X drink____ X ATO ____	13 Meal____ Ch or Wh or J or IT X drink____ X ATO ____	14 X drink____ Ch or Wh	15 Meal____ Ch or Wh or J or IT X drink____ X ATO ____	16 Meal____ Ch or Wh or J or IT X drink____ X ATO ____
19 Meal____ Ch or Wh or J or IT X drink____ X ATO ____	20 Meal____ Ch or Wh or J or IT X drink____ X ATO ____	21 X drink____ Ch or Wh	22 Meal____ <b>Homemade: Yes or No</b> Ch or Wh or J or IT X drink____ X ATO ____	23 Meal____ Ch or Wh or J or IT X drink____ X ATO ____
<b>SPRING BREAK March 24<sup>th</sup> to April 1<sup>st</sup>. No School Easter Monday, April 2<sup>nd</sup>.</b>				

Please make cheques payable to Wexford Street Projects.