



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, Apple Juice =AJ, Orange Juice=OJ, Iced Tea = IT **A drink is included in the meal price.**

Any meal can be substituted with Pizza or Chicken Strips. For Homemade Chicken Soup w Veggies, circle Yes or No.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Drink Chicken & Noodles Fruit	2 Drink Chicken Nuggets Chips	3 Drinks Only	4 Drink Spaghetti/Meat Sauce Fruit	5 Drink Turkey Mash Potatoes/Gravy Fruit Bar
8 NO SCHOOL	9 Drink Pizza Fruit	10 Drinks Only	11 Drink Soup/Bun Fruit Bar	12 Drink Ribs & Rice Fruit Bar
15 Drink Cheese Quesadilla Fruit	16 Drink Hamburger Chips	17 Drinks Only	18* Drink *Booster Wrap* Fruit	19 NO SCHOOL
22 Drink Chili (no beans)/Bun Fruit Bar	23 Drink Chicken Strips Chips	24 Drinks Only	25 Drink Soup/Crackers Fruit Bar	26 Drink Pizza Pops Fruit
29 Drink Meatloaf/Scalloped Po. Fruit Bar	30 Drink Bacon & Cheese Dog Chips	31 Drinks Only	Booster Wrap orders must be in by Oct 12th. Chicken <input type="checkbox"/> Egg <input type="checkbox"/> Tuna <input type="checkbox"/>	

..... KEEP TOP PART FOR YOUR RECORDS

Name: Grade:

Meal	\$5.00	x	_____	=	_____
X Drink	\$1.00	x	_____	=	_____
X Ice Cream	\$1.00	x	_____	=	_____
Total \$		_____			

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Monday	Tuesday	Wednesday	Thursday	Friday
1 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X Ice Cream ____	2 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X Ice Cream ____	3 Drink____ Wh - Ch - AJ - OJ - IT	4 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X Ice Cream ____	5 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X Ice Cream ____
8 NO SCHOOL	9 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X Ice Cream ____	10 Drink____ Wh - Ch - AJ - OJ - IT	11 Homemade: Yes No Meal____ Wh - Ch - AJ - OJ - IT X drink____ X Ice Cream ____	12 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X Ice Cream ____
15 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X Ice Cream ____	16 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X Ice Cream ____	17 Drink____ Wh - Ch - AJ - OJ - IT	18* Meal____ Wh - Ch - AJ - OJ - IT X drink____ X Ice Cream ____	19 NO SCHOOL
22 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X Ice Cream ____	23 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X Ice Cream ____	24 Drink____ Wh - Ch - AJ - OJ - IT	25 Homemade: Yes No Meal____ Wh - Ch - AJ - OJ - IT X drink____ X Ice Cream ____	26 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X Ice Cream ____
29 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X Ice Cream ____	30 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X Ice Cream ____	31 Drink____ Wh - Ch - AJ - OJ - IT	*Oct 18th Booster Wrap: Chicken <input type="checkbox"/> Egg <input type="checkbox"/> Tuna <input type="checkbox"/>	

Please make cheques payable to Wexford Street Projects.