



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

Monday	Tuesday	Wednesday	Thursday	Friday
For homemade chicken soup with veggies, circle Yes or No on order form below.		5 Drink Pizza Pudding	6 Drink Hamburger Chips	7 Drink Chicken Caesar Salad Bread Sticks/Fruit Bar
10 Drink Egg & Cheesy Bun Fruit Bar	11 Drink Whistle Dog Chips	12 Drink Chicken Pieces Fruit	13 Drink Pizza Pops Fruit	14 *Booster Juice Meal* Chicken Nuggets Fruit Bar
17 Drink Pancakes Fruit	18 Drink *Tim's* Cookie	19 Drink Chicken Burger Veggies	20 Drink Taco Salad Chips	21 Drink Smokie Fruit
24 Drink Perogies/Kubassa Fruit Bar	25 Drink Chicken Strips Chips	26 Drink Mac & Cheez Casserole Fruit Bar	27 Drink Pizza Fruit	28 Drink **Soup/Bun Fruit Bar
<p>*Sept 14th Booster Juice Meal: Strawberry Sunshine <input type="checkbox"/> Very Berry <input type="checkbox"/> Mango Hurricane <input type="checkbox"/> Breezy Banana <input type="checkbox"/></p> <p>*Sept 18th Tim's Sub: Turkey <input type="checkbox"/> Ham <input type="checkbox"/></p> <p style="text-align: center;">** If ordering Booster Juice or Tim's, orders must be in by Sept 7th. **</p>				

..... 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
* If ordering Booster Juice or Tim's, orders must be in by Sept 7th. *		5 Meal____ Wh – Ch – AJ – OJ - IT X drink____ X Ice Cream ____	6 Meal____ Wh – Ch – AJ – OJ - IT X drink____ X Ice Cream ____	7 Meal____ Wh – Ch – AJ – OJ - IT X drink____ X Ice Cream ____
10 Meal____ Wh – Ch – AJ – OJ - IT X drink____ X Ice Cream ____	11 Meal____ Wh – Ch – AJ – OJ - IT X drink____ X Ice Cream ____	12 Meal____ Wh – Ch – AJ – OJ - IT X drink____ X Ice Cream ____	13 Meal____ Wh – Ch – AJ – OJ - IT X drink____ X Ice Cream ____	14 * Meal____ Wh – Ch – AJ – OJ - IT X drink____ X Ice Cream ____
17 Meal____ Wh – Ch – AJ – OJ - IT X drink____ X Ice Cream ____	18 * Meal____ Wh – Ch – AJ – OJ - IT X drink____ X Ice Cream ____	19 Meal____ Wh – Ch – AJ – OJ - IT X drink____ X Ice Cream ____	20 Meal____ Wh – Ch – AJ – OJ - IT X drink____ X Ice Cream ____	21 Meal____ Wh – Ch – AJ – OJ - IT X drink____ X Ice Cream ____
24 Meal____ Wh – Ch – AJ – OJ - IT X drink____ X Ice Cream ____	25 Meal____ Wh – Ch – AJ – OJ - IT X drink____ X Ice Cream ____	26 Meal____ Wh – Ch – AJ – OJ - IT X drink____ X Ice Cream ____	27 Meal____ Wh – Ch – AJ – OJ - IT X drink____ X Ice Cream ____	28 Meal____ Homemade: Yes or No Wh – Ch – AJ – OJ - IT X drink____ X Ice Cream ____
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Please make cheques payable to Wexford Street Projects.