



May 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 Veggies or Fruit for each day.
 Circle Choice for Homemade Soup: Yes or No.
 Any meal can be substituted with Pizza or Chicken Strips or Soup.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Ch or Wh or J or IT Pizza Pops Fruit Bar	2 Ch or Wh or J or IT Chicken Strips Fruit	3 Ch or Wh	4 Ch or Wh or J or IT Taco Salad Chips	5 Ch or Wh or J or IT Mac & Cheese Fruit Bar
8 Ch or Wh or J or IT Smokie Fruit	9 Ch or Wh or J or IT Booster Wrap* Fruit	10 Ch or Wh	11 Ch or Wh or J or IT Beef Stew/Bun Fruit	12 Ch or Wh or J or IT Chicken Casserole Cookie
15 Ch or Wh or J or IT Chix Quesadilla Jello	16 Ch or Wh or J or IT Hamburger Veggies or Fruit	17 Ch or Wh	18 Ch or Wh or J or IT Perogies/Kielbasa Fruit Bar	19 Ch or Wh or J or IT Soup/Bun Fruit Bar
22 No School	23 Ch or Wh or J or IT Pizza Bites Veggies or Fruit	24 Ch or Wh	25 Ch or Wh or J or IT Chicken Stir Fry Fruit Bar	26 Ch or Wh or J or IT Pasta/Meatballs Fruit
29 No School	30 Ch or Wh or J or IT Chicken Nuggets Veggies or Fruit	31 Ch or Wh	* Please choose Booster Wrap: Egg <input type="checkbox"/> or Tuna <input type="checkbox"/> or Chicken <input type="checkbox"/>	

..... KEEP TOP PART FOR YOUR RECORDS

Name: _____ Grade: _____

Meal	\$4.85	x	_____	=	_____
X Drink	\$1.00	x	_____	=	_____
X Piece	\$1.85	x	_____	=	_____
Total \$ _____					

M
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2
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1
7

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meal____ Ch or Wh or J or IT X drink____ X ice cream____	2 Meal____ Ch or Wh or J or IT X drink____ X ice cream____	3 Milk____ Wh or Ch	4 Meal____ Ch or Wh or J or IT X drink____ X ice cream____	5 Meal____ Ch or Wh or J or IT X drink____ X ice cream____
8 Meal____ Ch or Wh or J or IT X drink____ X ice cream____	9 Meal ____ Ch or Wh or J or IT X drink____ X ice cream____	10 Milk____ Wh or Ch	11 Meal____ Ch or Wh or J or IT X drink____ X ice cream____	12 Meal____ Ch or Wh or J or IT X drink____ X ice cream____
15 Meal____ Ch or Wh or J or IT X drink____ X ice cream____	16 Meal____ Ch or Wh or J or IT Veggies or Fruit X drink____ X ice cream____	17 Milk____ Wh or Ch	18 Meal____ Ch or Wh or J or IT X drink____ X ice cream____	19 Meal____ Ch or Wh or J or IT Homemade: Y of N X drink____ X ice cream____
22 NO SCHOOL	23 Meal____ Ch or Wh or J or IT Veggies or Fruit X drink____ X ice cream____	24 Milk____ Wh or Ch	25 Meal____ Ch or Wh or J or IT X drink____ X ice cream____	26 Meal____ Ch or Wh or J or IT X drink____ X ice cream____
29 NO SCHOOL	30 Meal____ Ch or Wh or J or IT Veggies or Fruit X drink____ X ice cream____	31 Milk____ Wh or Ch	May 9th: * Please choose Booster Wrap: Egg <input type="checkbox"/> or Tuna <input type="checkbox"/> or Chicken <input type="checkbox"/>	

Please make cheques payable to Wexford Street Projects