



December 2017 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.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Ch or Wh or J or IT Grill Cheese Fruit
4 Ch or Wh or J or IT Beef Stroganoff Fruit	5 Ch or Wh or J or IT Chicken Strips Chips	6 Ch or Wh or J or IT	7 Ch or Wh or J or IT Soup/Bun Fruit Bar	8 Ch or Wh or J or IT Pizza Pops Fruit Bar
11 Ch or Wh or J or IT Tuna Melt Fruit	12 Ch or Wh or J or IT Cheese Qusadilla Chips	13 Ch or Wh or J or IT Noodles & Chicken Fruit	14 Ch or Wh or J or IT Lasagna/Toast Fruit Bar	15* Booster Juice Chicken Nuggets Fruit Bar
18 Ch or Wh or J or IT Ham/Mash Potatoes Gravy/ Fruit Bar	19 Ch or Wh or J or IT Pogos Fruit	20 Ch or Wh or J or IT Soup/Bun Fruit Bar	21 Hot Chocolate Pizza Ice Cream	22 No Lunch

..... KEEP TOP PART FOR YOUR RECORDS

Name: _____ Grade: _____

If ordering Booster Juice, orders must be in by Dec 8th.

• Dec 15th Tim Booster Juice Day:

- Strawberry Sunshine Very Berry Mango Hurricane

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

7102 records

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Meal____ Ch or Wh or J or IT X drink____ X Cookie ____
4 Meal____ Ch or Wh or J or IT X drink____ X Cookie ____	5 Meal____ Ch or Wh or J or IT X drink____ X Cookie ____	6 Ch or Wh or J or IT X drink____	7 Meal____ Homemade yes or no Ch or Wh or J or IT X drink____ X Cookie____	8 Meal____ Ch or Wh or J or IT X drink____ X Cookie____
11 Meal____ Ch or Wh or J or IT X drink____ X Cookie ____	12 Meal____ Ch or Wh or J or IT X drink____ X Cookie ____	13 Meal____ Ch or Wh or J or IT X drink____ X Cookie____	14 Meal____ Ch or Wh or J or IT X drink____ X Cookie____	15 Meal____ Ch or Wh or J or IT X drink____ X Cookie____
18 Meal____ Ch or Wh or J or IT X drink____ X Cookie ____	19 Meal____ Ch or Wh or J or IT X drink____ X Cookie ____	20 Meal____ Homemade yes or no Ch or Wh or J or IT X drink____ X Cookie____	21 Meal____	22 No Lunch

Please make cheques payable to Wexford Street Projects.