

# **Lunch Program 2017/2018**

## **Grades 4-8**

**Please do not include a milk order with this payment.**

Dear Parents & Students,

Welcome back to another school year!! Our school Lunch Program still complies with the School Food and Beverage Policy from the Ontario Ministry of Education that came into effect September 1, 2011 for all Ontario schools [www.ontario.ca/healthyschools](http://www.ontario.ca/healthyschools). We continue to use Gabriel's Pizza which offers their pizzas on a nutritional whole-grain thin crust. We will continue with our Subway lunches, the Hot Potato Company with their delicious baked potatoes and caesar salads. This year Red Dot Cafe will be providing chicken fingers as well as pastas (description on the order form). *Starting this year, if your child is absent for the day, their lunch will not be kept for the next day nor will it be sent home with a sibling.*

Please note if you participate in the Milk Program and order juice (100% fruit juice), your child will receive two drinks that day at the first nutrition break.

Please complete the attached forms and return them with your money, by **Friday September 15, 2017**. Cheques are to be made payable to "Castor Valley Elementary School Council". *If you are combining multiple children on 1 cheque please make sure to have all order forms together with the 1 cheque.*

If you have any questions please contact Tara Starzomski @ (613) 821-9883 [mark.starzomski@sympatico.ca](mailto:mark.starzomski@sympatico.ca) or Johan Rathwell @ (613) 821-0622 [jbrathwell@rogers.com](mailto:jbrathwell@rogers.com).

---

**Please keep this page for your information.**

### **Lunch Dates to Remember - Grades 4-8**

<b><u>Subway</u></b>	<b><u>Baked Potato</u></b>	<b><u>Pizza</u></b>	<b><u>Pasta</u></b>	<b><u>Chicken Fingers</u></b>
Oct 4, 2017	Oct 18, 2017	Nov 1, 2017	Nov 15, 2017	Nov 29, 2017
Dec 13, 2017	Jan 10, 2018	Jan 24, 2018	Feb 7, 2018	Feb 21, 2018
Mar 7, 2018	Mar 28, 2018	Apr 11, 2018	Apr 25, 2018	May 9, 2018
May 23, 2018	June 6, 2018	June 20, 2018		

## **Lunch Order form 2017/2018, Grades 4-8**

Student's Name \_\_\_\_\_

Teacher's Name \_\_\_\_\_ Class \_\_\_\_\_

### **SUBWAY LUNCH**

*All subs will be on whole wheat bread. Students must have the same type of juice all 4 days. Please fill in all of the order forms below and on the following page.*

<b>SUBWAY LUNCH will be 4 times this year</b>	<b>Quantity</b>	<b>Price</b>	<b>Total</b>
6" Veggie		x \$4.50 x 4 =	\$
6" Turkey		x \$4.50 x 4 =	\$
6" Ham		x \$4.50 x 4 =	\$
12" Veggie		x \$6.25 x 4 =	\$
12" Turkey		x \$6.25 x 4 =	\$
12" ham		x \$6.25 x 4 =	\$
Apple Juice		x \$0.75 x 4 =	\$
Wild Berry Juice		x \$0.75 x 4 =	\$
Tropical Passion Juice		x \$0.75 x 4 =	\$
<b>Total Subway Lunch</b>			<b>\$</b>



Student's Name: \_\_\_\_\_

Class: \_\_\_\_\_

**BAKED POTATO LUNCH**

*All of the baked potatoes are large (3/4 of a pound) russet baking potatoes and served with selected toppings. Students must have the same type of juice for all 4 days.*

<b>BAKED POTATO LUNCH will be 4 times this year</b>	<b>Oct 18th</b>	<b>Jan 10th</b>	<b>Mar 28th</b>	<b>June 6th</b>	<b>Cost per item</b>	<b>Total</b>
Baked Potato with Butter					x \$4.25	\$
Baked Potato with Shredded Cheddar Cheese					x \$4.75	\$
Baked Potato with Butter and Sour Cream					x \$4.75	\$
Baked Potato with Butter and Caesar Salad					x \$6.75	\$
Baked Potato with Cheese and Caesar Salad					x \$7.25	\$
Baked Potato with Sour Cream and Caesar Salad					x \$7.25	\$
Caesar Salad					x \$4.00	\$
Apple Juice					x \$0.75 x 4	\$
Wild Berry Juice					x \$0.75 x 4	\$
Tropical Punch Juice					x \$0.75 x 4	\$
<b>Total for Baked Potato Days</b>						<b>\$</b>

Student's Name: \_\_\_\_\_ Class: \_\_\_\_\_

**PIZZA LUNCH**

*Our pizza's are Gabriel's whole grain thin crust pizza. Vegetarian pizza has mushrooms, green peppers, green olives, onion & tomatoes. Students must have the same type of pizza and juice for all 4 days.*

<b>PIZZA LUNCH will be 4 times this year</b>	<b>Quantity</b>	<b>Price</b>	<b>Total</b>
Cheese slice		x \$2.25 x 4	\$
Pepperoni slice		x \$2.50 x 4	\$
Vegetarian slice		x \$2.50 x 4	\$
Apple Juice		x \$0.75 x 4	\$
Wild Berry Juice		x \$0.75 x 4	\$
Tropical Passion Juice		x \$0.75 x 4	\$
<b>Total for Pizza Days</b>			<b>\$</b>

**CHICKEN FINGER LUNCH - now provided by Red Dot Cafe**

*Grain Fed Chicken Breast, hand cut, dipped in an egg wash and breaded with lightly seasoned homemade toasted breadcrumbs. Served with celery & carrot sticks, ketchup, ranch dip or plum sauce. Students must have the same type of juice for all 3 days*

<b>CHICKEN FINGER LUNCH will be 3 times this year</b>	<b>Quantity</b>	<b>Price</b>	<b>Total</b>
2 piece Chicken Fingers		x \$5.00 x 3	\$
4 piece Chicken Fingers		x \$6.50 x 3	\$
Apple Juice		x \$0.75 x 3	\$
Wild Berry Juice		x \$0.75 x 3	\$
Tropical Passion Juice		x \$0.75 x 3	\$
<b>Total for Chicken Fingers Days</b>			<b>\$</b>

*Plum Sauce \_\_\_\_\_ or Ranch Dip \_\_\_\_\_ or Ketchup \_\_\_\_\_*

Student's Name: \_\_\_\_\_ Class: \_\_\_\_\_

**PASTA LUNCH**

*Pasta comes in a 16oz bowl. Students must have the same type of pasta and juice for all days.*

<b>PASTA LUNCH (3 times this year)</b>	<b>Quantity</b>	<b>Price</b>	<b>Total</b>
Marinara Sauce		x \$4.25 x 3	\$
Butter and Parmesan cheese		x \$4.25 x 3	\$
Apple Juice		x \$0.75 x 3	\$
Wild Berry Juice		x \$0.75 x 3	\$
Tropical Passion Juice		x \$0.75 x 3	\$
<b>Total for Pasta Days</b>			<b>\$</b>

<b>LUNCH DAYS</b>	<b>TOTALS</b>
Subway Total	\$
Baked Potato Total	\$
Pizza Total	\$
Chicken Finger Total	\$
Pasta Total	\$
<b>Grand Total</b>	<b>\$</b>

*Cheques are payable to Castor Valley Elementary School Council.*