

Lunch Program 2018/2019

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. 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, and Red Dot Cafe will continue to provide chicken fingers as well as pastas (description on the order form). *Please note 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 complete the attached forms and return them with your money, by **Monday September 17, 2018**. 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 or Johan Rathwell @ (613) 821-0622 jbrathwell@rogers.com.

Please keep this page for your information.

Lunch Dates to Remember - Grades 4-8

<u>Pizza</u>	<u>Chicken Fingers</u>	<u>Potato</u>	<u>Subway</u>	<u>Pasta</u>
Oct 3, 2018	Oct 17, 2018	Oct 31, 2018	Nov 14, 2018	Jan 9, 2018
Nov 28, 2018	Feb 20, 2019	Dec 12, 2018	Jan 23, 2019	Mar 27, 2019
Feb 6, 2019	Apr 24, 2019	Mar 6, 2019	Apr 10, 2019	
May 22, 2019		May 8, 2019	June 5, 2019	

BAKED POTATO LUNCH

All of the baked potatoes are large (3/4 of a pound) russet baking potatoes and served with selected toppings. This year students will have to choose the same type of potato for each potato day. We can no longer alternate options.

BAKED POTATO LUNCH will be 4 times this year	Cost per item	Total
Baked Potato with Butter	x \$4.50 x 4	\$
Baked Potato with Shredded Cheddar Cheese	x \$5.00 x 4	\$
Baked Potato with Butter and Sour Cream	x \$5.00 x 4	\$
Baked Potato with Butter and Caesar Salad	x \$7.00 x 4	\$
Baked Potato with Cheese and Caesar Salad	x \$7.50 x 4	\$
Baked Potato with Sour Cream and Caesar Salad	x \$7.50 x 4	\$
Caesar Salad	x \$4.25 x 4	\$
Total for Baked Potato Days		\$

PIZZA LUNCH

Our pizza's are Gabriel's whole grain thin crust pizza. Vegetarian pizza has mushrooms, green peppers, green olives, onion & tomatoes.

PIZZA LUNCH will be 4 times this year	Quantity	Price	Total
Cheese slice		x \$2.50 x 4	\$
Pepperoni slice		x \$2.75 x 4	\$
Vegetarian slice		x \$2.75 x 4	\$
Total for Pizza Days			\$

CHICKEN FINGER LUNCH

Served with celery & carrot sticks, ketchup, ranch dip or plum sauce.

CHICKEN FINGER LUNCH will be 3 times this year	Quantity	Price	Total
2 piece Chicken Fingers		x \$5.00 x 3	\$
4 piece Chicken Fingers		x \$6.50 x 3	\$
Total for Chicken Fingers Days			\$

Plum Sauce _____ or Ranch Dip _____ or Ketchup _____

PASTA LUNCH

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

PASTA LUNCH (3 times this year)	Quantity	Price	Total
Marinara Sauce		x \$4.25 x 2	\$
Butter and Parmesan cheese		x \$4.25 x 2	\$
Total for Pasta Days			\$

LUNCH DAYS	TOTALS
Subway Total	\$
Baked Potato Total	\$
Pizza Total	\$
Chicken Finger Total	\$
Pasta Total	\$
Grand Total	\$

Cheques are payable to Castor Valley Elementary School Council.