



Student's Name _____ Teacher _____

Regular Meals Dates: _____

Veggie Option Dates: _____

TOTAL # of days ordered _____ x \$7 = \$ _____

Parent/Guardian name _____ phone # _____

Please sign and return top portion of form by **March 3rd**

-----Keep bottom portion-----

Canuel Caterers Elementary Lunch Program

Mar 30 - May 1

Day	Date	Regular	Veggie	Snack
Mon	30	Grilled Ham & Cheese	Grilled Cheese	Fruit
Tue	31	Three Cheese Pizza slices		Yogurt
Wed	1	Chicken Nuggets	Veggie Nuggets	Cellery Sticks
Thu	2	Spaghetti Meat Sauce	Spaghetti Marinara	Fresh Fruit
Fri	3	Holiday		

Weekly notes:

Pasta sauces are made fresh in house using simple ingredients. Meals are paired with fruit or dairy sides to support balanced nutrition.

Mon	6	Holiday		
Tue	7	Hot Dog	Veggie Dog	Fresh Fruit
Wed	8	Penne Alfredo with Garlic Toast		Cucumber Slices
Thu	9	Cheeseburger	Veggie Burger	Apple Slices
Fri	10	Potato and Cheese Perogies		Carrots

Weekly notes:

This week's menu offers a balance of protein, grains, and fresh produce. We are focused on pairing sides that best compliment the meals.

Mon	13	Chicken Burger	Veggie Burger	Cucumber Slices
Tue	14	Pita and Tzatziki		Apple Slices
Wed	15	Beef Burrito	Bean and Cheese Burrito	Cellery Sticks
Thu	16	Pepperoni Pizza Sub	Veggie Pizza Sub	Fresh Fruit
Fri	17	Classic Mac & Cheese		Carrots

Weekly notes:

Chicken burgers feature crispy breaded chicken patties that meet trans fat requirements and are served plain, with mayonnaise available separately.

Please turn over for more dates

Mon	20	Chicken Quesadilla	Veggie Quesadilla	Apple Slices
Tue	21	Spaghetti and Meatballs	Spaghetti and Veggie balls	Cucumber Slices
Wed	22	Cheese Pizza Bagel		Yogurt
Thu	23	Honey Garlic Chicken on rice	Honey Garlic Veggies on rice	Fresh Fruit
Fri	24	Canuel "Lunchables" pack	Veggie "Lunchables"	Veggies
Weekly notes: Our "Lunchables" include garlic sausage, real cheddar cheese, crackers, and fresh vegetables with dip. The vegetarian option substitutes the sausage with additional crackers and extra vegetables.				
Mon	27	Pro D		
Tue	28	Chicken Nuggets	Veggie Nuggets	Fresh Fruit
Wed	29	Hot Dog	Veggie Dog	Apple Slices
Thu	30	Hardshell Chicken Tacos	Hardshell Black Bean Tacos	Fresh Fruit
Fri	1	Cheeseburger	Veggie Burger	Carrot Sticks
Weekly notes: Chicken tacos feature ground chicken cooked with onions and spices, topped with lettuce, cheese, and salsa..				

- **Cost for the full month is 22 lunches x \$7 = \$154**
- **Cheque or cash only. Cheques payable to Bert Edwards Elementary.**
- **BEST PAC Hot Lunch Senior Froggy's on *Friday, April 17th. Please pay PAC separately.**
- **Main meal and side are both served at lunchtime. Please pack a snack for recess break**

Sorry...no late orders accepted after March 3rd