






OPTIONAL LUNCH PROGRAM

(WE SERVE NUTRITIONAL MEALS)

FEBRUARY 2012

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>Penne Pasta, Meat Balls in Marinara sauce with Peas and Carrot</p>  <p>Delicious Rainbow Jello</p> <p>1% milk</p>	<p>Macaroni and Cheese with steamed broccoli florets.</p> <p>Fruits / Jello</p> <p>1% Milk</p> 	<p>Lentil Soup and Cheese Pizza followed by</p> <p>Fresh fruits</p>  <p>1% Milk or 100% Juice</p>	<p>Yellow rice and peas with honey BBQ chicken wings</p> <p>Seasonal Fruit/ Jello</p> <p>1% Milk</p> 	<p>Fish Sticks with warm buttered dinner rolls served with carrots on Ranch dressing.</p>  <p>Followed by Seasonal Fresh fruit and 100% Juice</p>

If your child has an allergy, please notify us and provide a photograph of the child.

Pre-school: \$ 4.00 per child

Kindergarten: \$ 4.50 per child per meal

Payable in cash in advance each Monday or Monthly.

Please pay cash to your child's Class Teacher before 9.30 a.m. to plan meal numbers early. For those providing your own Lunch; please pack meals in reusable containers so that you can monitor your child's eating habits. (provide A napkin fork/spoon). Try to avoid empty calories, establish sensible eating habits for life