

Duke of Connaught Grades 1-8 Hot Lunch Menu, February 2019

MON Feb	TUES Feb	WED. Feb	THURS Jan 31	FRI Feb 1
—	—	—	Cheese Cannelloni Veggies/Fruit Salad Milk/Water	Chicken Noodle or Mushroom soup Veggies/Fruit Salad Milk/Water
MON Feb 4	TUES Feb 5	WED. Feb 6	THURS Feb 7	FRI Feb 8
Spaghetti & Tomato Sauce Veggies/Fruit Salad Milk/Water	Grilled Cheese Veggies/Fruit Salad Milk/Water	Beef or Veggie Sheppard Pie Veggies/Salad Fruit Milk/Water	English Muffin Pizza Veggies/Salad Fruit Milk/Water	Hamburger Soup or Mushroom Veggies/Fruit Salad Milk/Water
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MON Feb 11	TUES Feb 12	WED. Feb 13	THURS Feb 14	FRI Feb 15
Meat Balls or Veggie Balls w/ Spaghetti Veggies/Fruit Salad Milk/Water	Cheese Ravioli w/sauce Veggies/Fruit Salad Milk/Water	Beef or Veggie Black bean sauce w\Broccoli & Rice Veggies/Fruit Salad Milk/Water	Cheese or Black Bean w/Cheese Quesadillas Veggies/Fruit Salad Milk/Water	P.A. Day No School
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MON Feb 18	TUES Feb 19	WED. Feb 20	THURS. Feb 21	FRI Feb. 22
<i>Family Day</i> No School <i>Enjoy Your Family</i> 	Cheese Melts or Cheese w/Tuna Veggies/Fruit Salad Milk/Water	Curry Chicken or Tofu w/Rice Veggies/Fruit Salad Milk/Water	Beef or Veggie Chili Veggies/Fruit Salad Milk/Water	French Onion or Veggies/Fruit Salad Milk/Water
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MON, Feb. 25	TUES Feb 26	WED. Feb 27	THURS. Feb 28	FRI Feb.
Chicken or Veggie Fried Rice Veggies/Fruit Salad Milk/Water	Mac & Cheese Veggies/Fruit Salad Milk/Water	Frittata Veggies/Fruit Salad Milk/Water	Beef or Veggie Taco Salad Veggies/Fruit Salad Milk/Water	
—	—	— SAC Pizza	—	—

If you wish to have your child participate in Hot lunch it is important that this form is signed and returned along with your payment. Your signature tells us you are giving us permission to provide your child with hot lunch. Please be sure to fill out any allergies or dietary restrictions so we can be aware of them as well. Please note in the case of a forgotten lunch, a lunch will always be provided if needed.

Lunch can be purchased daily, weekly or monthly. Lunch is \$3.50 per day, or \$66.50 for the entire month, payment can be made by cash or cheque made payable to Duke of Connaught. Please check the days that your child will be having hot lunch, sign and return by Thursday January 31 It's always a good idea to make a copy of the menu so your child will know what is for lunch and you will have a record of the days you have signed up for.

Please note: In addition to contributing to the cost of food, a portion of this month's payment may go towards the purchase of new equipment for the program if required. Hot lunch will not be served on Thursday January 31, is included in the February Menu.

Name of student _____
 Teacher's Name _____ Room # _____
 Allergies or Sensitivities _____

Parent's Signature _____