



DUKE OF CONNAUGHT GRADES 1-8 HOT LUNCH MENU MARCH/19

| MON MARCH | TUES MARCH | WED MARCH | THURS MARCH | FRI MARCH 1 |
|---|---|---|--|--|
| | | — | — | Beef or Veggie sliders Veggies or Fruit Milk/Water — |
| MON MARCH 4 | TUES MARCH 5 | WED. MARCH 6 | THURS MARCH 7 | FRI MARCH 8 |
| Egg or Veggie Fried Rice Veggies or Fruit Milk/Water — | Grilled Cheese Veggies or Fruit Milk/Water — | Chicken Drum sticks or Tofu w/Rice Veggies or Fruit Milk/Water — | Cheese Pizza English Muffins Veggies or Fruit Milk/Water — | Chicken rice soup or Mushroom soup Veggies or Fruit Milk/Water — |
| MON MARCH 11 | TUE MARCH 12 | WED MARCH 13 | THURS MARCH 14 | FRI MARCH 15 |
| MARCH  | BREAK | March 11-15 | 2019 | ENJOY!!! :) |
| MON MARCH 18 | TUE MARCH 19 | WED. MARCH 20 | THURS. MARCH 21 | FRI MARCH 22 |
| Spaghetti w/tomato Sauce Veggies or Fruit Milk/Water — | Macaroni and Cheese Veggies or Fruit Milk/Water — | Beef or Veggie Sheppard Pie Veggies or Fruit Milk/Water — | Cheese or Bean Quesadillas Veggies or Fruit Milk/Water — | Beef or Veggie Taco Salad Veggies or Fruit Milk/Water — |
| MON MARCH 25 | TUE MARCH 26 | WED MARCH 27 | THURS MARCH 28 | FRI MARCH 29 |
| Rotini Pasta w/tomato sauce Veggies or Fruit Milk/Water — | Cheese Ravioli Veggies or Fruit Milk/Water — | Veggie warps Veggies or Fruit Milk/Water — SAC PIZZA  LUNCH — | Beef or Veggie Lasagna Veggies or Fruit Milk/Water — | Beef Barley or Barley soup Veggies or Fruit Milk/Water — |

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 \$56.00 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, Thurs Feb 28. 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

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

Parent's Signature _____