

DUKE OF CONNAUGHT KINDERGARTEN-HOT LUNCH MENU DEC. 2022

MON. NOV	TUE. NOV 1	WED. NOV 2	THURS. DEC 1	FRI. DEC 2
			Teriyaki Chicken__ or Tofu__ w/Rice Fruit/Veg Water/Milk	PA DAY NO SCHOOL
MON. DEC 5	TUE. DEC 6	WED. DEC 7	THURS. DEC 8	FRI. DEC 9
Spaghetti w/Tomato Sauce__or w/Olive Oil__ Fruit/Veg Water/Milk	Cheese Cannelloni __ Fruit/Veg Water/Milk	Meatball__ or Vegball__ Subs Fruit/Veg Water/Milk	Million Dollar Chicken__ or Tofu__ w/Rice Fruit/Veg Water/Milk	Wow Butter/Jam Sandwiches__ Fruit/Veg Water/Milk (*SAC PIZZA LUNCH)
MON. DEC 12	TUE. DEC 13	WED. DEC 14	THURS. DEC 15	FRI. DEC 16
Mac & Cheese __ Fruit/Veg Water/Milk	Cheese__ or Cheese Bean__ Quesadillas Fruit/Veg Water/Milk	Beef__ or Veggie __ Cheeseburgers Fruit/Veg Water/Milk	Veg Fried Rice w/Veg Spring rolls__ Fruit/Veg Water/Milk	English Muffin Pizza__ Fruit/Veg Water/Milk
MON DEC 19	TUE. DEC 20	WED. DEC 21	THURS. DEC 22	FRI. DEC 23
Penne Pasta w/Tomato Sauce __or w/Olive Oil__ Fruit/Veg Water/Milk	Cheese Tuna Melt__ or Cheese Melt__ Fruit/Veg Water/Milk	Meatball__ or Vegball__ Subs Fruit/Veg Water/Milk	Grilled Cheese Sandwiches__ Fruit/Veg Water/Milk	NO LUNCH PROVIDED LAST DAY OF SCHOOL Merry Christmas Happy New Year Happy Holidays
MON.	TUE.	WED.	THURS.	FRI.

PLEASE NOTE: If your child missed lunch during the two-day strike/protest, please feel free to deduct that amount from your upcoming December order. *Pizza Lunch is run by the SAC.

If you wish to have your child participate in the Lunch Program, it is important that this form is signed and returned along with your payment. Our Hot Lunch pricing has returned to the original cost prior to Covid. Your signature tells us you are giving us permission to provide your child with lunch. Please note, lunch will always be provided regardless of the situation.

*Lunch can be purchased by pre-registering daily, weekly, or monthly. Lunch is \$3.00 per day, or \$45.00 for the month of December payment can be made by cash or cheque ONLY, made payable to Duke of Connaught. **Please ONLY check the days that your child will be having lunch, sign and return by Tuesday November 29, 2022.** 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. All Kindergarten lunches will be delivered to the classroom in a Bento Box, a choice of water or milk will be provided. A vegetarian option is available, this menu is Halal acceptable.*

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.

Name of student _____

Teacher's Name _____ Room # _____

Allergies or Sensitivities _____ Vegetarian__

Parent's Signature _____

Number of Lunches _____ x \$3.00=\$ _____

DUKE OF CONNAUGHT Grades 1-8-HOT LUNCH MENU DEC. 2022

MON. NOV	TUE. NOV 1	WED. NOV 2	THURS. DEC 1	FRI. DEC 2
			Teriyaki Chicken__ or Tofu__ w/Rice Fruit/Veg Water/Milk	PA DAY NO SCHOOL
MON. DEC 5	TUE. DEC 6	WED. DEC 7	THURS. DEC 8	FRI. DEC 9
Spaghetti w/Tomato Sauce__or w/Olive Oil__ Fruit/Veg Water/Milk	Cheese Cannelloni __ Fruit/Veg Water/Milk	Meatball__ or Vegball__ Subs Fruit/Veg Water/Milk	Million Dollar Chicken__ or w/Tofu__ w/Rice Fruit/Veg Water/Milk	Wow Butter/Jam Sandwiches__ Fruit/Veg Water/Milk (*SAC PIZZA LUNCH)
MON. DEC 12	TUE. DEC 13	WED. DEC 14	THURS. DEC 15	FRI. DEC 16
Mac & Cheese__ Fruit/Veg Water/Milk	Cheese__ or Cheese Bean__ Quesadillas Fruit/Veg Water/Milk	Beef__ or Veggie __ Cheeseburgers Fruit/Veg Water/Milk	Veg Fried Rice w/Veg Spring rolls__ Fruit/Veg Water/Milk	English Muffin Pizza__ Fruit/Veg Water/Milk
MON DEC 19	TUE. DEC 20	WED. DEC 21	THURS. DEC 22	FRI. DEC 23
Penne Pasta w/Tomato Sauce __or w/Olive Oil__ Fruit/Veg Water/Milk	Cheese Tuna Melt__ or Cheese Melt__ Fruit/Veg Water/Milk	Meatball__ or Vegball__ Subs Fruit/Veg Water/Milk	Minestrone Soup__ Fruit/Veg Water/Milk (Not for kindergartens)	NO LUNCH PROVIDED LAST DAY OF SCHOOL Merry Christmas Happy New Year Happy Holidays
MON.	TUE.	WED.	THURS.	FRI.

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Lunch can be purchased by pre-registering daily, weekly, or monthly. Lunch is \$3.50 per day, or \$52.50 for the month of December payment can be made by cash or cheque ONLY, made payable to Duke of Connaught. Please ONLY check the days that your child will be having lunch, sign and return by Tuesday November 29, 2022. 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. All Kindergarten lunches will be delivered to the classroom in a Bento Box, a choice of water or milk will be provided. A vegetarian option is available, this menu is Halal acceptable.

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Name of student _____

Teacher's Name _____ Room # _____

Allergies or Sensitivities _____ Vegetarian__

Parent's Signature _____

Number of Lunches _____ x \$3.50=\$ _____

