|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MON.  | TUE.  | WED. FEB 1 | THURS. FEB 2 | FRI. FEB 3 |
|  |  | Beef\_\_\_ or Veggie\_\_Cheese HamburgersFruit/VegWater/Milk | Chicken Parmesan\_\_ or Tofu\_\_w/RiceFruit/VegWater/Milk(made with egg) | English Muffin Pizza\_\_Fruit/VegWater/Milk  |
| MON. FEB 6 | TUE. FEB 7 | WED. FEB 8 | THURS. FEB 9 | FRI. FEB 10 |
| Mac & Cheese\_\_Fruit/VegWater/Milk | Cheese\_\_ or Cheese/Bean\_\_Quesadillas Fruit/VegWater/Milk  | Beef\_\_ or Veggie\_\_Shepherd’s PieFruit/VegWater/Milk | Egg\_\_ or Tofu\_\_Fried RiceFruit/VegWater/Milk | Frittata\_\_(made with egg)Fruit/VegWater/Milk(SAC PIZZA DAY)  |
| MON. FEB 13 | TUE. FEB 14 | WED. FBE 15 | THURS. FEB 16 | FRI. FEB 17 |
| Rotini Pasta w/TomatoSauce \_\_or w/Olive Oil\_\_Fruit/VegWater/Milk | A red heart shape balloon tied to a benchCheese\_\_or Tuna w/Cheese\_\_MeltsFruit/VegWater/MilkHAPPY VALINTINES DAY  | Beef\_\_ or Bean \_\_Taco Salad BowlFruit/VegWater/Milk  | Million Dollar Chicken\_\_or Tofu\_\_w/Rice\_\_Fruit/VegWater/Milk  |  Pa DAY No SCHOOL |
| MON. FEB 20 | TUE. FEB 21 | WED. FEB 22 | THURS. FEB 23 | FRI. FEB 24 |
|  FAMILY DAYA red heart shape balloon tied to a bench Have Lots of Fun No school | Cheese Cannelloni\_\_Fruit/VegWater/Milk(Not for Kindergartens) | Meatball\_\_ or Vegball \_\_SubFruit/VegWater/Milk(Not for Kindergartens) | Potato Leek Soup\_\_ Fruit/VegWater/Milk(Not for Kindergartens) | Grilled Cheese\_\_Fruit/VegWater/Milk  |
| MON. FEB 27 | TUE. FEB 28 | WED.  | THURS.  |  FRI.  |
| Spaghetti w/Tomato Sauce\_\_ or w/Olive Oil\_\_Fruit/VegWater/Milk | Beef\_\_or Veggie\_\_ Jamaican PattyFruit/VegWater/Milk |   |  |  |
|  |   |   |  |  |

DUKE OF CONNAUGHT Grades 1-8-HOT LUNCH MENU FEB. 2023

*PLEASE NOTE: \*Pizza Lunch is run by the SAC. REMEMBER TO MAKE A COPY OR TAKE A PHOTO!*

*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 $3.50 per day, or 63.00 for*

*the month of January 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 Monday January 30, 2023. 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$3.50= $\_\_\_\_\_\_\_

 DUKE OF CONNAUGHT KINDERGARTEN LUNCH MENU FEB. 2023

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MON.  | TUE.  | WED. FEB 1 | THURS. FEB 2 | FRI. FEB 3 |
|  |  | Beef\_\_\_ or Veggie\_\_Cheese HamburgersFruit/VegWater/Milk | Chicken Parmesan\_\_ or Tofu\_\_w/RiceFruit/VegWater/Milk(made with egg) | English Muffin Pizza\_\_Fruit/VegWater/Milk  |
| MON. FEB 6 | TUE. FEB 7 | WED. FEB 8 | THURS. FEB 9 | FRI. FEB 10 |
| Mac & Cheese\_\_Fruit/VegWater/Milk | Cheese\_\_ or Cheese/Bean\_\_Quesadillas Fruit/VegWater/Milk  | Beef\_\_ or Veggie\_\_Shepherd’s PieFruit/VegWater/Milk | Egg \_\_ or Tofu\_\_Fried RiceFruit/VegWater/Milk | Frittata\_\_(made with egg)Fruit/VegWater/Milk(SAC PIZZA DAY)  |
| MON. FEB 13 | TUE. FEB 14 | WED. FBE 15 | THURS. FEB 16 | FRI. FEB 17 |
| Rotini Pasta w/TomatoSauce \_\_or w/Olive Oil\_\_Fruit/VegWater/Milk | A red heart shape balloon tied to a benchCheese\_\_or Tuna w/Cheese\_\_MeltsFruit/VegWater/MilkHAPPY VALINTINES DAY  | Beef\_\_ or Bean \_\_Taco Salad Fruit/VegWater/Milk  | Million Dollar Chicken\_\_ orTofu\_\_w/Rice\_\_Fruit/VegWater/Milk  |  Pa DAY No SCHOOL |
| MON. FEB 20 | TUE. FEB 21 | WED. FEB 22 | THURS. FEB 23 | FRI. FEB 24 |
|  FAMILY DAYA red heart shape balloon tied to a bench Have Lots of Fun No school | English Muffin Pizza\_\_Fruit/VegWater/Milk(Not for Gr. 1-8) | Meatballs\_\_ or Vegballs\_\_w/Spaghetti w/Tomato Sauce\_\_ or w/Olive Oil\_\_Fruit/VegWater/Milk(Not for Gr 1-8) | Wow Butter & Jam Sandwich\_\_Fruit/VegWater/Milk (Not for Gr. 1-8) | Grilled Cheese\_\_Fruit/VegWater/Milk  |
| MON. FEB 27 | TUE. FEB 28 | WED.  | THURS.  |  FRI.  |
| Spaghetti w/Tomato Sauce\_\_ or w/Olive Oil\_\_Fruit/VegWater/Milk | Beef\_\_or Veggie\_\_ Jamaican PattyFruit/VegWater/Milk |   |  |  |
|  |   |   |  |  |

*PLEASE NOTE: \*Pizza Lunch is run by the SAC. REMEMBER TO MAKE A COPY OR TAKE A PHOTO!*

*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.*

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*the month of January 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 Monday January 30, 2023. 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= $\_\_\_\_\_\_\_