|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MON. | TUE. | WED. FEB 1 | THURS. FEB 2 | FRI. FEB 3 |
|  |  | Beef\_\_\_ or Veggie\_\_  Cheese Hamburgers  Fruit/Veg  Water/Milk | Chicken Parmesan\_\_ or Tofu\_\_w/Rice  Fruit/Veg  Water/Milk  (made with egg) | English Muffin Pizza\_\_  Fruit/Veg  Water/Milk |
| MON. FEB 6 | TUE. FEB 7 | WED. FEB 8 | THURS. FEB 9 | FRI. FEB 10 |
| Mac & Cheese\_\_  Fruit/Veg  Water/Milk | Cheese\_\_ or Cheese/Bean\_\_  Quesadillas  Fruit/Veg  Water/Milk | Beef\_\_ or Veggie\_\_  Shepherd’s Pie  Fruit/Veg  Water/Milk | Egg\_\_ or Tofu\_\_  Fried Rice  Fruit/Veg  Water/Milk | Frittata\_\_(made with egg)  Fruit/Veg  Water/Milk  (SAC PIZZA DAY) |
| MON. FEB 13 | TUE. FEB 14 | WED. FBE 15 | THURS. FEB 16 | FRI. FEB 17 |
| Rotini Pasta w/Tomato  Sauce \_\_or w/Olive Oil\_\_  Fruit/Veg  Water/Milk | A red heart shape balloon tied to a benchCheese\_\_or Tuna w/Cheese\_\_  Melts  Fruit/Veg  Water/Milk  HAPPY VALINTINES DAY | Beef\_\_ or Bean \_\_  Taco Salad Bowl  Fruit/Veg  Water/Milk | Million Dollar Chicken\_\_or Tofu\_\_w/Rice\_\_  Fruit/Veg  Water/Milk | Pa DAY  No SCHOOL |
| MON. FEB 20 | TUE. FEB 21 | WED. FEB 22 | THURS. FEB 23 | FRI. FEB 24 |
| FAMILY DAY  A red heart shape balloon tied to a bench Have Lots of Fun  No school | Cheese Cannelloni\_\_  Fruit/Veg  Water/Milk  (Not for Kindergartens) | Meatball\_\_ or Vegball \_\_  Sub  Fruit/Veg  Water/Milk  (Not for Kindergartens) | Potato Leek Soup\_\_  Fruit/Veg  Water/Milk  (Not for Kindergartens) | Grilled Cheese\_\_  Fruit/Veg  Water/Milk |
| MON. FEB 27 | TUE. FEB 28 | WED. | THURS. | FRI. |
| Spaghetti w/Tomato Sauce\_\_ or w/Olive Oil\_\_  Fruit/Veg  Water/Milk | Beef\_\_or Veggie\_\_ Jamaican Patty  Fruit/Veg  Water/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

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| --- | --- | --- | --- | --- |
| MON. | TUE. | WED. FEB 1 | THURS. FEB 2 | FRI. FEB 3 |
|  |  | Beef\_\_\_ or Veggie\_\_  Cheese Hamburgers  Fruit/Veg  Water/Milk | Chicken Parmesan\_\_ or Tofu\_\_w/Rice  Fruit/Veg  Water/Milk  (made with egg) | English Muffin Pizza\_\_  Fruit/Veg  Water/Milk |
| MON. FEB 6 | TUE. FEB 7 | WED. FEB 8 | THURS. FEB 9 | FRI. FEB 10 |
| Mac & Cheese\_\_  Fruit/Veg  Water/Milk | Cheese\_\_ or Cheese/Bean\_\_  Quesadillas  Fruit/Veg  Water/Milk | Beef\_\_ or Veggie\_\_  Shepherd’s Pie  Fruit/Veg  Water/Milk | Egg \_\_ or Tofu\_\_  Fried Rice  Fruit/Veg  Water/Milk | Frittata\_\_(made with egg)  Fruit/Veg  Water/Milk  (SAC PIZZA DAY) |
| MON. FEB 13 | TUE. FEB 14 | WED. FBE 15 | THURS. FEB 16 | FRI. FEB 17 |
| Rotini Pasta w/Tomato  Sauce \_\_or w/Olive Oil\_\_  Fruit/Veg  Water/Milk | A red heart shape balloon tied to a benchCheese\_\_or Tuna w/Cheese\_\_  Melts  Fruit/Veg  Water/Milk  HAPPY VALINTINES DAY | Beef\_\_ or Bean \_\_  Taco Salad  Fruit/Veg  Water/Milk | Million Dollar Chicken\_\_ or  Tofu\_\_w/Rice\_\_  Fruit/Veg  Water/Milk | Pa DAY  No SCHOOL |
| MON. FEB 20 | TUE. FEB 21 | WED. FEB 22 | THURS. FEB 23 | FRI. FEB 24 |
| FAMILY DAY  A red heart shape balloon tied to a bench Have Lots of Fun  No school | English Muffin Pizza\_\_  Fruit/Veg  Water/Milk  (Not for Gr. 1-8) | Meatballs\_\_ or Vegballs\_\_  w/Spaghetti w/Tomato Sauce\_\_ or w/Olive Oil\_\_  Fruit/Veg  Water/Milk  (Not for Gr 1-8) | Wow Butter & Jam Sandwich\_\_  Fruit/Veg  Water/Milk  (Not for Gr. 1-8) | Grilled Cheese\_\_  Fruit/Veg  Water/Milk |
| MON. FEB 27 | TUE. FEB 28 | WED. | THURS. | FRI. |
| Spaghetti w/Tomato Sauce\_\_ or w/Olive Oil\_\_  Fruit/Veg  Water/Milk | Beef\_\_or Veggie\_\_ Jamaican Patty  Fruit/Veg  Water/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.*

*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 54.00 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$3.00= $\_\_\_\_\_\_\_