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

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| --- | --- | --- | --- | --- |
| MON. JAN 9 | TUE. JAN 10 | WED. JAN 11 | THURS. JAN 12 | FRI. JAN 13 |
| Spaghetti w/Tomato Sauce\_\_ w/Olive Oil\_\_  Fruit/Veg  Water/Milk | Cheese\_\_ or Cheese/Bean\_\_  Quesadillas  Fruit/Veg  Water/Milk | Beef\_\_ or Bean w/VegMeat\_\_ Chili  Fruit/Veg  Water/Milk | Teriyaki Chicken\_\_ or Tofu\_\_  w/Rice  Fruit/Veg  Water/Milk | PA DAY  NO SCHOOL |
| MON. JAN 16 | TUE. JAN 17 | WED. JAN 18 | THURS. JAN 19 | FRI. JAN 20 |
| Penne Pasta w/Tomato  Sauce \_\_or w/Olive Oil\_\_  Fruit/Veg  Water/Milk | Cheese\_\_or Tuna w/Cheese\_\_  Melts  Fruit/Veg  Water/Milk | Beef\_\_ or Bean \_\_  Taco Salad  Fruit/Veg  Water/Milk | Million Dollar Chicken w/Rice\_\_  Fruit/Veg  Water/Milk | Grilled Cheese  Sandwiches\_\_  Fruit/Veg  Water/Milk  (\*SAC PIZZA LUNCH) |
| MON. JAN 23 | TUE. JAN 24 | WED. JAN 25 | THURS. JAN 26 | FRI. JAN 27 |
| Mac & Cheese\_\_  Fruit/Veg  Water/Milk | Grilled Cheese\_\_  Fruit/Veg  Water/Milk | Meatball\_\_ or Vegball \_\_  Sub  Fruit/Veg  Water/Milk  (Not for Kindergartens) | Chicken Noodle\_\_ or  Cream of Mushroom\_\_ Soup  Fruit/Veg  Water/Milk  (Not for Kindergartens) | English Muffin Pizza\_\_  Fruit/Veg  Water/Milk |
| MON. JAN 30 | TUE. JAN 31 | WED. | THURS. | FRI. |
| Rotini Past w/Tomato Sauce\_\_ or w/Olive Oil\_\_  Fruit/Veg  Water/Milk | Breakfast for Lunch\_\_  (Pancakes and Eggs)  Fruit/Veg  Water/Milk |  |  |  |
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*Revised Dec. 12, 2022*

*PLEASE NOTE: \*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 $3.50 per day, or $56.00 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 Thursday Dec 22, 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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

DUKE OF CONNAUGHT KINDERGARTEN HOT LUNCH MENU JAN. 2023

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| --- | --- | --- | --- | --- |
| MON. JAN 9 | TUE. JAN 10 | WED. JAN 11 | THURS. JAN 12 | FRI. JAN 13 |
| Spaghetti w/Tomato Sauce\_\_ w/Olive Oil\_\_  Fruit/Veg  Water/Milk | Cheese\_\_ or Cheese/Bean\_\_  Quesadillas  Fruit/Veg  Water/Milk | Beef\_\_ or Bean w/VegMeat\_\_ Chili  Fruit/Veg  Water/Milk | Teriyaki Chicken\_\_ or Tofu\_\_  w/Rice  Fruit/Veg  Water/Milk | PA DAY  NO SCHOOL |
| MON. JAN 16 | TUE. JAN 17 | WED. JAN 18 | THURS. JAN 19 | FRI. JAN 20 |
| Penne Pasta w/Tomato  Sauce \_\_or w/Olive Oil\_\_  Fruit/Veg  Water/Milk | Cheese\_\_or Tuna w/Cheese \_\_  Melts  Fruit/Veg  Water/Milk | Beef\_\_ or Bean \_\_  Taco Salad  Fruit/Veg  Water/Milk | Million Dollar Chicken w/Rice\_\_  Fruit/Veg  Water/Milk | Grilled Cheese  Sandwiches\_\_  Fruit/Veg  Water/Milk  (\*SAC PIZZA LUNCH) |
| MON. JAN 23 | TUE. JAN 24 | WED. JAN 25 | THURS. JAN 26 | FRI. JAN 27 |
| Mac & Cheese\_\_  Fruit/Veg  Water/Milk | Grilled Cheese\_\_  Fruit/Veg  Water/Milk | Meatball\_\_ or Vegball \_\_  w/Spaghetti  Tomato Sauce\_\_ or  Olive Oil\_\_  Fruit/Veg  Water/Milk  (Not for Grades 1-8) | Chicken Salad Sub\_\_  Fruit/Veg  Water/Milk  (Not for Grades 1-8) | English Muffin Pizza\_\_  Fruit/Veg  Water/Milk |
| MON. JAN 30 | TUE. JAN 31 | WED. | THURS. | FRI. |
| Rotini Past w/Tomato Sauce\_\_ or w/Olive Oil\_\_  Fruit/Veg  Water/Milk | Breakfast for Lunch\_\_  (Pancakes and Eggs)  Fruit/Veg  Water/Milk |  |  |  |

*Revised Dec. 12, 2022*

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*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 $48.00 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 Thursday Dec 22, 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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*