

See MORE Online

SMARTER MEALS - [see more online]

3 Whole Grain Pancakes, side syrup, Yogurt and SM1 \$7.2 Berries Cat: 550 Soct: 710mg Fat: 4g Pro: 13g	SKI	\$7.2
Garlic Chicken Penne, peas & carrots and Apple Silcas.	SM2 \$7.2	\$7.2
Cat: 385 Soct. 295mg Fat: 6g Pro: 21g		
Smarter Smiling Shepherd's Pie with Beef and Mashed Potato, with fresh Apple Slices Cat: 300 Sot: 160mg Fat: 4g Pro: 11g	SM3 \$7.2	\$7.2
Teriyaki Chicken Rice Bowl, steamed Veggies & Fresh Orange Cat: 490 Soct 520mg Fat: 4g Pro: 20g	SM4 \$7.2	\$7.2
Smarter Turkey Hot Dog, with yogurt and cucumbers Cat: 0 Soct Omg Fest Og Proc Og	SM5 \$6.7	\$6.7
Fruit and Veggie Farm Ptate with EGG, crackers, SM6 \$7.5 cheddar and dip Cat 280 Sot: 518mg Fat: 10g Pro: 12g	SMS	\$7.5

YOUR CHILD'S SCHOOL LUNCHLADY ORDERS SNOW DAYS!! IF BUSES ARE CANCELED FOR WILL BE CANCELLED! AND CREDITED, YOU WILL NEED TO PROVIDE LUNCH FOR YOUR CHILD!! On snow days!

 Visa o Mastercard CASH or Cheque (Payable to The Lunch Lady) (Interac available online)

CARD #

EXP[MM/YY]:

SIGNED:

only). Uncollected lunches are NOT left at school We understand! Just Email by 8:69 a.m. for a credit to use another time. (Sorry, no refunds - credits Carlo carlo@thelunchlady.ca Need to cancel?

www.thelunchlady.ca > ORDER NOW Gluten Free - Vegetarian and MORE of Everything Else at

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Most Popular Lunch Entrées (see Just a Real Cheddar Grilled Cheese Sandwich		⊒ntrées (s Cheese Sandw	[see more online]	R05	\$5.50
Just Macaroni and Cheese				R09	\$6.00
Just Chicken Fingers with rice and corn	rice an	d com		R07	\$6.25
Just 3 pancakes served with side syrup	th side	syrup		R 20	\$5.75
Just Buttery Pasta with parmesan	mesar		CACA CIVE	R 22	\$5.75
Just Spaghetti with Meatballs and Tomato Sauce	alls and	Tomato :		R25	\$6.25
Best Loved Salad and Wrap [see	nd W	rap [se	e more online]		
Chicken Caesar Salad and dressing / Bun	dress	ing / Bun		R14	\$7.00
Garden Veggie and Cheese Wrap	e Wraj			R 2	\$5.75
Add a side combo to make	o ma	any	Entrée a Full Meal		
Milk and a Bakery Treat		(The second distribution of the second	Si	\$2.25
100% Juice and Apple Slices	88			SZ	\$2.00
Meals for Little Lunchers	chers	s [see more	nore online]		
Chicken Nuggets, warm bun, fruit, and milk	in, fruit	, and milk		드	\$6.00
Little Grilled Cheese Wedges, fruit and milk	es, fru	it and milk	- A Contraction	2	\$6.00
All Day Breakfasts and Fun Combos (more online)	and F	un Con	nbos (more online)		
Hot & Cold Sides, F	ixing	s & Drir	Fixings & Drinks [see more online]		
	S01.	\$1.25	Orange of the Day	S17.	\$1.25
100% Orange Juice	S02.	\$1.25	Yogurt Cup	S19.	\$1.75
1% mix	S04.	\$1.50	Low Fat Muffin	S20.	\$1.25
Chocolate Milk	S05.	\$1.75	Warm Garlic Bread	HT1.	\$1.25
Chocolate Soy Milk	S06 .	\$2.25	Chicken Noodle Soup	HT2.	\$3.00
Side Garden Salad	S09.	\$2.75	Baked Potato Wedges	HT3.	\$2.00
Side Caesar Salad	S10.	\$2.75	2 Chicken Fingers	HT4.	\$3.25
Just Carrots	S11.	\$1.25	2 Turkey Sausage Links	HT5.	\$2.25
Berry Bottom Parfait	S12.	\$3.00	Pickle Slices	F02.	\$0.50
Just Cucumbers	S13.	\$1.25	Ketchup packet	F03.	\$0.00
mame Beans	\$14.	\$2.25	Mustard packet	F04.	\$0.00
Just Apple Slices	S15.	\$1.25	Plum Sauce packet	F05.	\$0.00
Unsweetened Applesauce	S16.	\$1.50	1 more Side Syrup	F06.	\$0.25

St. Gregory the Great

The paper menu is due: **09/14/17** or order online anytime with **2** school days' notice.

order to complete an allergy assessment form. Food Allergy - Please contact us before placing your

PARENT:
PARENT: PHONE:

Providing your email guarantees receipt of an order confirmation, reminders, and information about our service including Snow Day Policy and upcoming events. PLEASE PRINT CLEARLY

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