

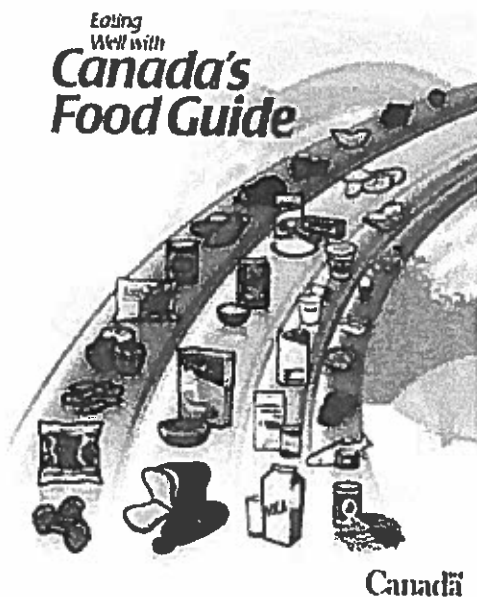
Luisa

September, 2018

Dear Parents/Guardians and Students,

We are very pleased that your school administration has partnered with us in order to service your hot lunch needs. At Rainbow Lunches we are committed to serving healthy, well balanced meals that exceed ministry guidelines.

We believe that good nutrition helps individuals achieve general health and well-being while helping prevent disease and that children begin learning about healthy eating habits at a very young age. Our children need guidance and support in order to make healthy food choices and we can help support our children and improve their health by providing healthy well balanced meals.



We strive to provide a balanced meal that includes healthy choices from Canada's Food Guide.

Our lunches are homemade using the freshest ingredients available. We limit the use of "pre-packaged" items. Meals are prepared daily, in a "nut free" environment and delivered directly to your child.

Our team of passionate and professional chefs not only ensures that your children receive their order but that they are enjoying the food and are eating it. Ordering and participation is completed monthly on line and is hassle free. Our website is a great resource where you can find ministry links and easy-to-understand nutritional information that can be shared as a family in order to help guide you through learning how to make better food choices.

We love to hear from our students or parents and are welcome to contact us if you have any questions or comments. Please don't hesitate to make us aware of your child's special needs.

Sincerely,

Your Rainbow Lunches Team



Rainbow Lunch Orders

Sept/Oct, 2018 Order Cycle

Menu Selections - Now Available On Line

Please visit: www.rainbowlunches.com to view menu selections

Order **Deadline**: Friday September 21, 2018

Note: Order form **CANNOT be accessed** after due date!

A \$2 (per child) surcharge will be added for late submissions

Click on the: **"Place Your Child's Lunch Order Here"** button (top left)

If you are new to our system, you will need to create an account by following the on-screen prompts. Returning clients can click on "Create Order" to begin the order process.

We are committed to providing your children with hot wholesome foods, delivered right to their classroom at lunch hour while helping your school achieve its fundraising goals

ALWAYS ENSURE YOUR CHILDS CLASSROOM INFORMATION IS UP TO DATE!!!

Order Cycle	Date Range Coverage
September/October	September 10 to October 26, 2018
November	October 29 to November 23, 2018
December/January	November 26, 2018 to February 1, 2019
February	February 4 to March 1, 2019
March	March 4 to April 5, 2019
April	April 8 to May 3, 2019
May	May 8 to May 31, 2019
June	June 3 to June 28, 2019



NEED TO GET MORE VEGGIE SERVINGS IN?

Try our newest addition – COLD PRESSED FRUIT AND VEGETABLE JUICES

Pulp & Press uses an industrial grade hydraulic cold press juicer, the highest quality juice press that exists, to extract the optimal amount of nutrients and enzymes from 100% organic fruits and vegetables.

Lemon Sherbet flavor is made with apple, lemon & beet; it promises greater energy, clearer mindset and glowing skin. Varieties are rotated between the Lemon Sherbet and Turbo with other varieties coming soon. Add one to your child's lunch order to try it.

All meals are homemade, in a nut free environment with natural ingredients. Meal price includes taxes and a portion is donated back to your school for fundraising efforts. Please ask about gluten free and vegetarian options

If your child is ill please call us before 8am to cancel the meal - [416.617.5369](tel:416.617.5369)

Ask about our children's birthday parties and cooking classes