



# Wexford Meals

“1, 2, 3, 4 aim for four”



The Lunch Program offers items from each of the four food groups to ensure a variety of nutrients required for good health.

Circle the requested drink for each day. White = Wh, Chocolate = Ch, Juice =J, Iced Tea = IT  
 Circle for Homemade Chicken Soup with veggies: Yes or No.  
 Any meal can be substituted with Pizza or Chicken Strips

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>No School No BASC</b>	3 Ch or Wh or J or IT Pogo's Chips	4 Ch or Wh	5 Ch or Wh or J or IT Cheese Quesadilla Fruit	6 Ch or Wh or J or IT Chicken Nuggets Fruit Bar
9 Ch or Wh or J or IT Soup/Bun Fruit Bar	10 Ch or Wh or J or IT Chicken Strips Chips	11 Ch or Wh	12 Ch or Wh or J or IT Baked Potato Garlic Sausage Fruit Bar	13 Ch or Wh or J or IT Pizza Fruit
16 Ch or Wh or J or IT Weiner & Beans Bun/Fruit Bar	17 Ch or Wh or J or IT Smokie Chips	18 Ch or Wh	19 Ch or Wh or J or IT HB Casserole Fruit Bar	20 Ch or Wh or J or IT Pancakes Fruit
23 Ch or Wh or J or IT Taco Salad Chips	24 Ch or Wh or J or IT Pizza Pop's Chips	25 Ch or Wh	26 Ch or Wh or J or IT Rice/Wings Fruit Bar	27 Ch or Wh or J or IT Soup/Bread Sticks Fruit Bar
30 Ch or Wh or J or IT Perogies/Kielbasa Fruit Bar				

..... KEEP TOP PART FOR YOUR RECORDS .....

**Name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

Meal	\$4.90	x	_____	=	_____
X Drink	\$1.00	x	_____	=	_____
X Tart	\$1.00	x	_____	=	_____
Total \$		_____			

A  
p  
r  
i  
l  
  
2  
0  
1  
8

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>No School NO BASC</b>	3 Meal____ Ch or Wh or J or IT X drink____ X tart____	4 Ch or Wh X drink____	5 Meal____ Ch or Wh or J or IT X drink____ X tart____	6 Meal____ Ch or Wh or J or IT X drink____ X tart____
9 Meal____ <b>Homemade yes or no</b> Ch or Wh or J or IT X drink____ X tart____	10 Meal____ Ch or Wh or J or IT X drink____ X tart____	11 Ch or Wh X drink____	12 Meal____ Ch or Wh or J or IT X drink____ X tart____	13 Meal____ Ch or Wh or J or IT X drink____ X tart____
16 Meal____ Ch or Wh or J or IT X drink____ X tart____	17 Meal____ Ch or Wh or J or IT X drink____ X tart____	18 Ch or Wh X drink____	19 Meal____ Ch or Wh or J or IT X drink____ X tart____	20 Meal____ Ch or Wh or J or IT X drink____ X tart____
23 Meal____ Ch or Wh or J or IT X drink____ X tart____	24 Meal____ Ch or Wh or J or IT X drink____ X tart____	25 Ch or Wh X drink____	26 Meal____ Ch or Wh or J or IT X drink____ X tart____	27 Meal____ <b>Homemade yes or no</b> Ch or Wh or J or IT X drink____ X tart____
30 Meal____ Ch or Wh or J or IT X drink____ X tart____				

Please make cheques payable to Wexford Street Projects.