



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, Apple Juice =AJ, Orange Juice=OJ, Iced Tea = IT **A drink is included in the meal price.**

For **Homemade Chicken Soup w Veggies**, circle Yes or No. Any meal can be substituted with Pizza or Chicken Strips.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Drink Pulled Pork Fruit	4 Drink Chicken Nuggets Chips	5 Drinks only	6 Drink Sloppy Joe Fruit	7 Drink Pizza Jello
10 Drink Spaghetti / Meatballs Fruit Bar	11 Drink Soup/Bun Fruit	12 Drink Parmesan Chicken Rice/Fruit Bar	13 Drink Smokie Chips	14 Drink Shepherd's Pie Fruit
17 Drink Chicken Strips Chips	18 Drink Pizza Fruit	19 Drink Taco Salad Chips	20 Drink Ham/Mashed Potatoes/ Gravy Fruit Bar	21 No Milk No Lunch

..... KEEP TOP PART FOR YOUR RECORDS

Name: _____ Grade: _____

Meal	\$5.00	x	_____	=	_____
X Drink	\$1.00	x	_____	=	_____
X Piece	\$2.00	x	_____	=	_____
X Butter Tart	\$1.00	x	_____	=	_____
Total \$		_____			

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X butter tart ____	4 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X butter tart ____	5 Drink____ Wh - Ch - AJ - OJ - IT	6 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X butter tart ____	7 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X piece____ X butter tart ____
10 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X butter tart ____	11 Homemade yes or no Meal____ Wh - Ch - AJ - OJ - IT X drink____ X butter tart ____	12 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X butter tart ____	13 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X butter tart ____	14 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X butter tart ____
17 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X butter tart ____	18 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X piece____ X butter tart ____	19 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X butter tart ____	20 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X butter tart ____	21 No Milk No Lunch



Tis the season to be merry!



Please make cheques payable to Wexford Street Projects.