



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
<p>If ordering Booster Juice, Tim's or A&W, orders must be in by February 1, 2019.</p> <p>Tim's: Turkey <input type="checkbox"/> Ham <input type="checkbox"/></p> <p>Booster Juice: Strawberry <input type="checkbox"/> Very Berry <input type="checkbox"/> Mango <input type="checkbox"/> Banana <input type="checkbox"/></p>				<p>1 Drink Chicken Burger Fruit</p>
<p>4 Drink Soup/Bun Fruit Bar</p>	<p>5 Drink Tim's Sub Chips</p>	<p>6 Drinks Only</p>	<p>7 Drink Beef Stroganoff Fruit Bar</p>	<p>8 Drink Booster Juice Chicken Nuggets Fruit Bar</p>
<p>11 Drink Mac & Cheese Casserole Fruit Bar</p>	<p>12 Drink Chicken Bog Fruit</p>	<p>13 Drinks Only</p>	<p>14 Drink Alphagetti Fruit Bar</p>	<p>15 NO SCHOOL</p>
<p>18 NO SCHOOL</p>	<p>19 Drink A&W Hamburger Chips</p>	<p>20 Drinks Only</p>	<p>21 Drink Perogies/Kabasa Fruit Bar</p>	<p>22 Drink Pogo's Fruit</p>
<p>25 Drink Lasagna/Bread Stick Fruit Bar</p>	<p>26 Drink Pizza Chips</p>	<p>27 Drinks Only</p>	<p>28 Drink Soup/Bun Fruit Bar</p>	

..... KEEP TOP PART FOR YOUR RECORDS

Name: Grade:

Please make cheques payable to Wexford Street Projects.

Meal	\$5.00	x	_____	=	_____
X Drink	\$1.00	x	_____	=	_____
X Piece	\$2.00	x	_____	=	_____
X Choc Cookie	\$1.00	x	_____	=	_____
Total \$		_____			

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<p>4 Homemade Yes or No Meal____ Wh - Ch - AJ - OJ - IT X drink____ X piece____ X cookie____</p>	<p>5 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X piece____ X cookie____</p>	<p>6 Drink____ Wh - Ch - AJ - OJ - IT</p>	<p>7 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X cookie____</p>	<p>8 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X cookie____</p>
<p>11 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X cookie____</p>	<p>12 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X cookie____</p>	<p>13 Drink____ Wh - Ch - AJ - OJ - IT</p>	<p>14 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X cookie____</p>	<p>25 NO SCHOOL</p>
<p>18 NO SCHOOL</p>	<p>19 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X cookie____</p>	<p>20 Drink____ Wh - Ch - AJ - OJ - IT</p>	<p>21 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X cookie____</p>	<p>22 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X cookie____</p>
<p>25 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X cookie____</p>	<p>26 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X piece____ X cookie____</p>	<p>27 Drink____ Wh - Ch - AJ - OJ - IT</p>	<p>28 Homemade Yes or No Meal____ Wh - Ch - AJ - OJ - IT X drink____ X cookie____</p>	