



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
7 Drink Chicken Noodle Soup Bun/Fruit	8 Drink Chicken Nuggets Chips	9 Drinks Only	10 Drink Meatloaf Mash Potatoes/Gravy Fruit Bar	11 Drink Pogo's Chips
14 Drink Pancakes Fruit	15 Drink Pizza Jello	16 Drinks Only	17 Drink Perogies/Kielbasa Fruit	18 NO SCHOOL
21 Drink Mac & Cheese Casserole Fruit Bar	22 Drink Hamburger Chips	23 Drinks Only	24 Drink Chicken Noodle Soup/ Bun Fruit Bar	25 Drink Grilled Cheese Fruit
28 Drink Cheese Quesadillas Fruit Bar	29 Drink Chicken Strips Chips	30 Drinks Only	31 Drink Taco Salad Chips	

KEEP TOP PART FOR YOUR RECORDS

Name: Grade:

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

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Monday	Tuesday	Wednesday	Thursday	Friday
7 Homemade yes or no Meal____ Wh - Ch - AJ - OJ - IT X drink____ X donut____	8 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X donut____	9 Drink____ Wh - Ch - AJ - OJ - IT	10 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X donut____	11 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X donut____
14 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X donut____	15 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X piece____ X donut____	16 Drink____ Wh - Ch - AJ - OJ - IT	17 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X donut____	18 NO SCHOOL
21 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X donut____	22 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X donut____	23 Drink____ Wh - Ch - AJ - OJ - IT	24 Homemade yes or no Meal____ Wh - Ch - AJ - OJ - IT X drink____ X donut____	25 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X donut____
28 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X donut____	29 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X donut____	30 Drink____ Wh - Ch - AJ - OJ - IT	31 Meal____ Wh - Ch - AJ - OJ - IT X drink____ X donut____	

Please make cheques payable to Wexford Street Projects.