



# 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.**

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>If ordering Booster Juice, Tim's or A&amp;W, orders must be in by Nov. 2<sup>nd</sup>.</b> <b>Tim's: Turkey Ham</b> <b>Booster Juice: Strawberry Very Berry Mango Banana</b>			<b>1</b> Drink Beef Stew/Bun Fruit	<b>2</b> Drink Chicken Caesar Salad Garlic Toast/Fruit Bar
<b>5</b> Drink Soup/Bun Fruit Bar	<b>6</b> Drink Pizza Fruit	<b>7</b> Drinks only	<b>8</b> Drink Beef Stroganoff Fruit Bar	<b>9</b> Drink <b>*Booster Juice*</b> Chicken Nuggets Fruit Bar
<b>12</b> <b>NO SCHOOL</b>	<b>13</b> Drink <b>*Tim's Turkey or Ham*</b> Fruit	<b>14</b> Drinks only	<b>15</b> Drink Mac & Ch Casserole Fruit	<b>16</b> Drink Fish Burger Chips
<b>19</b> Drink Pancakes Fruit	<b>20</b> Drink Chicken Strips Chips	<b>21</b> Drinks only	<b>22</b> Drink Poutine Fruit	<b>23</b> Drink Perogies/Kabassa Fruit Bar
<b>26</b> Drink Rice/Wings Fruit Bar	<b>27</b> Drink <b>*A&amp;W Hamburger*</b> Chips	<b>28</b> Drinks only	<b>29</b> Drink Soup/Bun Fruit Bar	<b>30</b> Drink Taco n'Bag Fruit

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

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

**If ordering Booster Juice, Tim's or A&W,  
orders must be in by Nov. 2<sup>nd</sup>.**

Meal \$5.00 x \_\_\_\_ = \_\_\_\_  
 X Drink \$1.00 x \_\_\_\_ = \_\_\_\_  
 X Piece \$2.00 x \_\_\_\_ = \_\_\_\_  
 X Chol Cookie \$1.00 x \_\_\_\_ = \_\_\_\_  
 Total \$ \_\_\_\_\_

NOV 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>*Nov 9<sup>th</sup> Booster Juice*: Strawberry <input type="checkbox"/> Very Berry <input type="checkbox"/></b> <b>Mango <input type="checkbox"/> Banana <input type="checkbox"/></b>  <b>*Nov 13<sup>th</sup> Tim's*: Turkey <input type="checkbox"/> Ham <input type="checkbox"/></b>			<b>1</b> Meal ____ Wh - Ch - AJ - OJ - IT X drink ____ X cookie ____	<b>2</b> Meal ____ Wh - Ch - AJ - OJ - IT X drink ____ X cookie ____
<b>5</b> <b>Homemade Yes or No</b> Meal ____ Wh - Ch - AJ - OJ - IT X drink ____ X cookie ____	<b>6</b> Meal ____ Wh - Ch - AJ - OJ - IT X drink ____ <b>X piece ____</b> X cookie ____	<b>7</b> Drink ____ Wh - Ch - AJ - OJ - IT	<b>8</b> Meal ____ Wh - Ch - AJ - OJ - IT X drink ____ X cookie ____	<b>9</b> Meal ____ Wh - Ch - AJ - OJ - IT X drink ____ X cookie ____
<b>12</b> <b>NO SCHOOL</b>	<b>13</b> Meal ____ Wh - Ch - AJ - OJ - IT X drink ____ X cookie ____	<b>14</b> Drink ____ Wh - Ch - AJ - OJ - IT	<b>15</b> Meal ____ Wh - Ch - AJ - OJ - IT X drink ____ X cookie ____	<b>16</b> Meal ____ Wh - Ch - AJ - OJ - IT X drink ____ X cookie ____
<b>19</b> Meal ____ Wh - Ch - AJ - OJ - IT X drink ____ X cookie ____	<b>20</b> Meal ____ Wh - Ch - AJ - OJ - IT X drink ____ X cookie ____	<b>21</b> Drink ____ Wh - Ch - AJ - OJ - IT	<b>22</b> Meal ____ Wh - Ch - AJ - OJ - IT X drink ____ X cookie ____	<b>23</b> Meal ____ Wh - Ch - AJ - OJ - IT X drink ____ X cookie ____
<b>26</b> Meal ____ Wh - Ch - AJ - OJ - IT X drink ____ X cookie ____	<b>27</b> Meal ____ Wh - Ch - AJ - OJ - IT X drink ____ X cookie ____	<b>28</b> Drink ____ Wh - Ch - AJ - OJ - IT	<b>29</b> <b>Homemade Yes or No</b> Meal ____ Wh - Ch - AJ - OJ - IT X drink ____ X cookie ____	<b>30</b> Meal ____ Wh - Ch - AJ - OJ - IT X drink ____ X cookie ____

Please make cheques payable to Wexford Street Projects.