

April 17, 2013

Dear Parents/Guardians,

These are the **Hot Lunch** options for **May 2013**. This is the final month we will be offering Hot Lunch for this school year.

We will have our **Annual Family Picnic** at the end of June to celebrate our school family. Watch for more information.

Thank you to all the families who supported our program throughout the year. We are looking for your input. If you have any comments, please include them with your order.

Please fill in the order form and return it to the school, with the money, no later than **Friday, April 26th, 2013**. Retain the calender portion for your records.

Thank you for your support.

Name: _____

Grade: _____

Yes, I am ordering hot lunch for:

- May 1 - Chicken Burger
- May 8 - Chicken Caesar Wrap
- May 15 - BLT Toasted Sandwich
- May 22 - Pasta Bake
- May 29 - Pizza Pizza

Total lunches _____ x \$2.50 each

Enclosed: _____

<p>Hot Lunch Program</p> <p>My comments on St. Pat's Healthy Hot Lunch.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

May 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Chicken burger lettuce and mayo	2	3	4
5	6	7	8 Chicken Caesar Wraps Large	9	10	11
12	13	14	15 BLT (Bacon, lettuce, tomato) toasted sandwich	16	17	18
19	20 No School	21	22 Pasta Bake (tomato & meat sauce)	23	24	25
26	27	28	29 Pizza Pizza (two slices)	30	31	

100th Anniversary

Information For Parents:

Try and to include something from each of the 4 food groups (dairy, fruit & veggie, meat, grain) in your child's lunch daily.

Tips to "keep it healthy"

- ✓ cut "real food" up into wedges and bit size pieces (kids love that)
- ✓ cut sandwiches into fun shapes
- ✓ Stay clear of "junk" style snacks (dunk -a -roos, fruit roll ups, chocolate covered granola bars)
- ✓ A can of pop contains 10 teaspoons of sugar.... yikes!!!! So please NO pop!

