

February 21, 2013

Dear Parents/Guardians,
These are the **Hot Lunch** options for March.

School hot lunches are made at school, and are a healthy option for your child. Soups are made right from scratch as are other options.

Please order hot lunch in advance for only \$2.50 a meal.

Please fill in the order form and return it to the school, with the money, no later than **Monday, March 4th, 2013**. Retain the calender portion for your records.

Thank you for your support.

Name: _____

Grade: _____

Yes, I am ordering hot lunch for:

- ☐ March 6 - Chicken Noodle Soup
- ☐ March 20 - Chicken Caesar Salad & garlic toast
- ☐ March 27 - Grilled Cheese & veggies/dip

Total lunches _____ x \$2.50 each

Enclosed: _____

March 2013

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|---|----------|-------------------|----------|
| 3 | 4 | 5 | 6 Homemade Chicken Noodle Soup Crackers | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 March Break | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 Chicken Caesar Salad with garlic toast | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 Grilled Cheese with veggies and dip | 28 | 29 Good Friday | |

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 bite 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!