



See MORE Online

SMARTER MEALS

3 Whole Grain Pancakes, side syrup and Greek yogurt and berries SM1 \$5.75

Cal: 550 | Sod: 710mg | Fat: 4g | Pro: 23g

Crunchy Chicken and Apple Harvest Salad with maple/balsamic dressing and a bun SM2 \$5.75

Cal: 0 | Sod: 0mg | Fat: 0g | Pro: 0g

Chicken Teriyaki Noodle with steamed veggies and fresh orange slices SM3 \$6.00

Cal: 270 | Sod: 475mg | Fat: 7g | Pro: 29g

Potato and Cheese Perogies with Power Veggie Mix, side sour cream and unsweetened Apple Sauce SM4 \$5.25

Cal: 465 | Sod: 610mg | Fat: 8g | Pro: 14g

Smarter Campfire Chili Macaroni with fresh apple slices SM5 \$5.25

Cal: 410 | Sod: 30mg | Fat: 9g | Pro: 11g

Farm and Field Plate with assorted veggies and fruit, crasins, crunchy chick peas, a bun, cheese and house dip SM6 \$5.50

Cal: 260 | Sod: 455mg | Fat: 10g | Pro: 11g

Want to learn more about SMARTER MEALS or see Nutritional and Meal information? Find it online at www.thelunchlady.ca/Our Food



**BELUNCH STRONG,
ALL DAY LONG.**

Need to cancel?

We understand! Just CALL by 8:00 a.m. for a credit to use another time. 48 hours is appreciated for trips and appointments. (Sorry, no refunds – credits only). Uncollected lunches are NOT left at school.

**Mary
maryw@thelunchlady.ca
905-726-8700**

Halal – Gluten Free - Vegetarian and MORE of Everything Else at www.thelunchlady.ca -> ORDER NOW

Most Popular Lunch Entrées [see more online]

Macaroni and Cheese	T01	\$4.50
Baked Chicken Fingers with rice and corn	T02	\$4.50
Cheeseburger	T03	\$4.75
Real Cheddar Grilled Cheese Sandwich	T04	\$4.25
Spaghetti and Beef Meatballs	T05	\$4.75
Just 3 pancakes served with side syrup	T06	\$4.00
Soft Shell Beef and Rice Taco with side sour cream	T07	\$5.25
Beef Burger	T08	\$4.50
Just Buttery Pasta with parmesan	T09	\$4.00
Lightly Breaded Chicken Burger	T10	\$4.50

Best Loved Salad and Wrap [see more online]

Crunchy Chicken Ranch Wrap	W01	\$4.50
Chicken Caesar Salad and dressing / Bun	W02	\$5.25

Add a side combo to make any Entrée a Full Meal

Add Crunchy Carrots and a Yogurt Tube	88	\$2.00
Add Crunchy Carrots and Fresh Apple Slices	90	\$2.00

Meals for Little Lunchers [see more online]

Chicken Nuggets, warm bun, fruit, and milk	L01	\$5.50
Mini Mac and Cheese, fruit and milk	L03	\$5.25

Support "BREAKFAST FOR LEARNING" [see more online]

Baked Chicken Nuggets, warm bun, fresh veggies, yogurt, a bakery treat, and a donation to "BFL"	M01	\$6.25
An All Day Breakfast Combo with pancakes and sausage, side syrup, fruit and yogurt and a donation to "BFL"	M02	\$6.25

Hot & Cold Sides, Fixings & Drinks [see more online]

Fresh Veggie Cup/Dip	S01.	\$2.00	Orange Smiles	S17.	\$125.00
Just Cucumbers	S02.	\$1.00	Just Apple Slices	S20.	\$1.25
Side Caesar Salad/dressing	S03.	\$2.25	Unsweetened Applesauce	S21.	\$1.25
Fresh Apple Slices/Dip	S04.	\$2.00	Warm Garlic Bread	HT1.	\$1.25
Peach Slices in Juice	S05.	\$1.50	Chicken Noodle Soup	HT2.	\$3.00
Kettle Popcorn [GF]	S07.	\$1.75	2 Chicken Fingers	HT3.	\$2.75
Banana Choco Chip Muffin	S08.	\$1.25	2 Turkey Sausage Links	HT4.	\$1.75
1% milk	S10.	\$1.25	Baked Potato Wedges [GF]	HT5.	\$1.75
Chocolate Milk	S11.	\$1.50	"BeceL" pack	F01.	\$0.25
Fresh Berry Smoothie	S12.	\$2.00	Lunchie's Ranch Dip	F02.	\$0.50
100% Apple Juice	S13.	\$1.25	Ketchup packet	F03.	\$0.00
Berry Bottom Parfait	S15.	\$2.25	Mustard packet	F04.	\$0.00
Chunky Monkey Parfait	S16.	\$2.25	Lettuce and Sliced Tomato	F05.	\$0.50

Trillium Woods

The paper menu is due: **Wed Sept 28th** or order online anytime with **2** school days notice.

Food Allergy - Please contact us before placing your order to complete an allergy assessment form.

NAME: _____

TEACHER: _____

RM# _____ Gr

PARENT: _____

PHONE: _____

EMAIL: _____

Check here for email order confirmations, menus and information about our service, including snow day policy.

Sep	Code	Code	Code	Code	Code	\$
We 30	Online orders only					
Oct	Code	Code	Code	Code	Code	\$
Th 1	Online orders only					
We 7						
Th 8						
We 14						
Th 15						
We 21						
Th 22						
We 28						
Th 29						
Nov	Code	Code	Code	Code	Code	\$
We 4						
Th 5						
We 11						
Th 12						
We 18						
Th 19						
We 25						
Th 26						
Total to remit						\$

This paper menu due: **Wed Sept 28th** or order online anytime with **2** school days notice.

Cheque (Payable to The Lunch Lady)

Visa Mastercard Cash

CARD #: _____

EXP[MM/YY]: /

NAME: _____

SIGNED: _____