

# MARCH 2019

## Daily Lunch Special Calendar & MONTHLY ORDER FORM

Sandwich Substitute Menu items may change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Ham & Cheese Wrap
4	5	6	7	8
Sausage & Eggs	Creamy Beef & Shells	Canmore Golf & Curling Club-Hot Lunch	Texas Ranch Chicken Casserole	HALF DAY Chicken Caesar Wraps
11	12	13	14	15
Pasta & Sauce	Sloppy Joes on a Bun	Canmore Golf & Curling Club-Hot Lunch	Taco Salad	Honey Lemon Chicken
18	19	20	21	22
Meatballs & Tater-Tots	Turkey Burgers	Canmore Golf & Curling Club-Hot Lunch	Chicken Broccoli Casserole	NO SCHOOL
25	26	27	28	29
Bagel Melts	Beef Burritos	Canmore Golf & Curling Club-Hot Lunch	Chicken Noodle Soup	Grilled Cheese

Buy a MONTH of lunches at a cost well below our weekly deal!

Detach and send with the correct amount of cash.

**WE CANNOT ACCEPT IOUs**

Child's Name	Grade	Amount Owed
1 <sup>st</sup> Child:		\$30
2 <sup>nd</sup> Child:		\$60
3 <sup>rd</sup> Child:		\$90
4 <sup>th</sup> Child:		\$120

**PAYMENT is due Friday, MARCH 1st, 2019.**

Please acknowledge our program's need for full payment by paying in FULL by FRIDAY MAR 1st. Your money allows us to pay for the food that we are offering to your family at highly discounted prices.

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**PTO** for School Health and Wellness Message



# Here's the newly updated Food Guide!

Canada's  
food guide

## Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty  
of vegetables  
and fruits



Eat protein  
foods

Make water  
your drink  
of choice



Choose  
whole grain  
foods

Healthy eating is more than the foods you eat



Be mindful of your eating habits



Cook more often



Enjoy your food



Eat meals with others



Use food labels



Limit foods high in sodium,  
sugars or saturated fat



Be aware of food marketing

Discover your food guide at  
[Canada.ca/FoodGuide](https://Canada.ca/FoodGuide)



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