

October 22, 2012

Dear Parents/Guardians,

This month we will be offering the following menu choices for **Hot Lunch**.

Please order lunch in advance for only **\$2.50**. All four Wednesdays will be \$10.00.

Please fill in the order form and return it to the school, with the money, no later than Wednesday, October 31<sup>st</sup>, 2012. Retain the calendar portion for your records.

Thank you for your support.

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

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

**Yes, I am ordering hot lunch for:**

- ☐ Nov. 7 (Macaroni & Cheese)  
☐ Nov. 14 (Chili)  
☐ Nov. 21 (Beef Stew)  
☐ Nov. 28 (Pasta Chicken)

Total lunches \_\_\_\_\_ x \$2.50 each

Enclosed: \_\_\_\_\_

# November 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7 <b>Macaroni and Cheese</b> Green Salad	8	9	10
11	12 No School	13	14 <b>Chili</b> Corn chips	15	16	17
18	19	20	21 <b>Beef Stew</b> (carrots, potatoes, peas) Roll	22	23	24
25	26	27	28 <b>Pasta Chicken</b> (chicken, broccoli, carrots, rigatoni) Alfredo sauce	29	30	



Dear Parent/Caregiver,

## St. Patrick School is passionate about Healthy School Lunches and Healthy Snacks !

At St. Patrick School we understand the importance of packing healthy lunches and snacks every day.

Studies show that many Canadian children eat too many foods that are high in sugar, fat and salt and not enough vegetables, fruit and whole grain foods. Children concentrate and learn better when they eat foods from the four food groups in Canada's Food Guide. A healthy lunch and healthy snacks provide the energy and nutrients children need to take on the school day.

St. Patrick School is encouraging our students to pack nutritious lunches and snacks.

What does a healthy lunch look like? (Examples only)

- a sandwich on whole grain bread with protein (eg. Chicken), cheese cubes and cucumbers, a piece of fruit.
- salad with dressing, whole grain bun, fruit
- left overs, veggie sticks, fruit

What are healthy snack options: (Examples)

- cut up veggies/dip
- fruit (grapes, apple slices, orange segments, banana chunks, apple sauce)
- dried fruit (raisins, cranberries, apricots)
- cheese cubes
- mixed nuts
- yogurt

We are discouraging these items:

- chocolate bars
- Mr. Noodles and lunchables (very high in salt)
- fruit roll ups, gushers, fruit by the foot
- sugary snacks like cookies, dunk-a-roos

These are a "sometimes" snack option!

All students are encouraged to drink water throughout their day. Please **DO NOT** send pop, energy drinks, or like beverages to school for your child. Real fruit juice and milk are healthy options as well.

Thank you for your support.

S.N.A.C.  
(School Nutrition Action Committee)