



Duncan Cran Elementary

8130 – 89th Avenue
Fort St John, BC V1J 5S5

Telephone: (250) 787-0417 Fax: (250) 785-1581



HOW TO USE THE MEAL PLAN For January, 2010

1. Choose the days you wish your child to receive a school lunch by circling the choice of meal. A form must be filled out for each child.
2. Meals are \$2.50 each, but it is up to your discretion how much you feel you can afford to pay for the lunches. Payments will be kept confidential. We prefer any payments to be made by **Thursday, December 10th**, but payments can be made at the office any time during the month.
3. Please make comments, if you wish, about the program in the space provided below.
4. Place the completed menu and any payments in the envelope provided.
5. Return this envelope and order form to the school office by **Thursday, December 10th, 2009**. Envelopes returned after the 10th, cannot be accepted for the January meals program.

Comments:

Menu is due: DECEMBER 10th

January 2010 School Meals Menu Program

Student: _____ Room No.: _____ Teacher: _____

Monday	Tuesday	Wednesday	Thursday	Friday
4 Pork Sandwich or Salmon sandwich Milk, fruit and yogurt	5 Roast Beef Sandwich Or Chef Salad and bun Milk, fruit and granola bar	6 Burrito or Tuna Sandwich Milk, fruit and yogurt	7 Turkey Sandwich or Pizza Chocolate milk, fruit and veggie snack	8 Chicken Wrap Or Egg Salad Sandwich Milk, fruit and pudding
11 Chicken Salad Sandwich or Roast beef Sandwich Milk, fruit and granola bar	12 Burrito or Pork Sandwich Milk, fruit and yogurt	13 Turkey Sandwich or Egg Salad Sandwich Chocolate milk, fruit and yogurt	14 Roast Beef Sandwich or Cheesy beef muffin Milk, veggies and granola bar	15 Italian Quesadillas or Tuna Sandwich Milk, fruit and yogurt
18 Pasta Salad or Turkey Sandwich Chocolate milk, fruit and yogurt	19 Pizza or Tuna Sandwich Milk, fruit and pudding	20 Chicken Salad Sandwich or Pork Wrap Milk, fruit and granola bar	21 Roast Beef Sandwich or Egg Sandwich Milk, fruit and pudding	22 Salmon sandwich or Burrito Chocolate milk, fruit and yogurt
25 Chef Salad and bun or Tuna Sandwich Milk, fruit and veggie pack	26 Egg Salad Sandwich or Turkey Sandwich Chocolate milk, fruit and yogurt	27 Chicken Wrap or Tuna Sandwich Milk, fruit and granola bar	28 Pasta Salad or Turkey Sub Milk, fruit and yogurt	29 Cheesy beef muffin or Pork Wrap Milk, fruit and pudding

Parent's Signature: _____

Menu is due: DECEMBER 10th