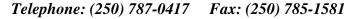


## Duncan Cran Elementary

8130 – 89<sup>th</sup> Avenue Fort St John, BC V1J 5S5





## **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 10**<sup>th</sup>, but <u>payments</u> 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 <u>order form</u> to the school office by **Thursday**, **December 10<sup>th</sup>**, **2009**. Envelopes returned after the 10<sup>th</sup>, cannot be accepted for the January meals program.

Comments:

Menu is due: DECEMBER 10<sup>th</sup>

## January 2010 School Meals Menu Program

Student:	Room No.:	Teacher:	

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

Parent's Signature:

Menu is due: DECEMBER 10<sup>th</sup>