



Duncan Cran Elementary School

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

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



HOW TO USE THE MEAL PLAN

For February, 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 **Wednesday, January 20th, 2010**, 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 **Wednesday, January 20th, 2010**. Envelopes returned after the 20th cannot be accepted for the February meals program.

Comments:

MENU DUE BACK TO OFFICE BY JANUARY 20, 2010

February 2010 School Meals Menu Program

Student: _____ Room No.: _____ Teacher: _____

Monday	Tuesday	Wednesday	Thursday	Friday
1 Non-Instructional Day No School for Students	2 Roast Sub or Chef salad Milk, fruit and granola bar	3 Egg sandwich or Burrito Milk, fruit and yogurt	4 Chicken Wrap or Tuna Sandwich Milk, fruit and yogurt	5 Pasta Salad or Italian Quesadillas Chocolate milk, fruit and veggie snack pack
8 Chef salad or Salmon Sandwich Milk, fruit and veggie snack	9 Roast Beef Sandwich or Turkey Sandwich Milk, fruit and granola bar	10 Pork sandwich or Burrito Chocolate milk, fruit and pudding	11 Chicken Wrap or Tuna Sandwich Milk, fruit and yogurt	12 Egg Salad Sandwich or Pasta salad Milk, fruit and granola bar
15 Pizza or Tuna Sandwich Chocolate milk, fruit and pudding	16 Pasta Salad or Burrito Milk, fruit and Yogurt	17 Chicken Salad Sandwich or Roast Beef Sandwich milk, fruit and yogurt	18 Turkey Sandwich or Cheesy beef muffin Milk, veggies and granola bar	19 Pizza Sub or Pork sandwich Milk, fruit and veggie snack pack
22 Egg Salad Sandwich or Burrito Milk, fruit and veggie snack pack	23 Cold plate or Salmon sandwich White milk, fruit and yogurt	24 Chicken Wrap or Tuna Sandwich Milk, fruit and granola bar	25 Pork wrap or Turkey Sandwich Chocolate milk, fruit and yogurt	26 Burrito or Roast Beef Sandwich Milk, fruit and pudding

Parent's Signature: _____

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