

Lunch Pails entrees and snacks contain nutrient-packed ingredients, including vegetables, fruits and grains.

Our recipes are specifically designed to provide nutrition for children, even the finicky selective eaters! We virtually eliminate the use of unnecessary oils, fats, sodium and added sugar.

We provide lunches the natural way, just like Mother Nature intended.

Our entrées and snacks have been taste-tested by children from all age groups and have been given “two-thumbs up” !

Lunch Pails follows the Canadian Food Guild and we are 100% PEANUT FREE.



For additional information and ingredient list, please visit our website at www.lunchpails.ca

Lunch Pails lunches are homemade with the freshest ingredients, seasonal fruits and vegetables that support local farmers whenever possible.

CHOICES OF SNACKS:

- Fresh vegetables or fruits
- Chocolate chip cookies*
- Oatmeal-raisin cookies*
- Blueberry, apple or pumpkin muffins*
- Banana bread*
- Waffles or pancakes with jam*
- Pudding
- Yogurt

* baked fresh daily in Lunch Pails' Kitchen.

It would be a great honour for Lunch Pails to be a part of your child's growth and development and help pave the way for a healthier tomorrow!

LUNCH PAILS Inc.

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Please visit us online at

www.lunchpails.ca



Sharon: 647-828-6240

Jo-Ann: 416-809-6323

LUNCH PAILS Inc. offers

homemade  nutritious lunches for children 

(with nutrient-packed ingredients hidden inside)! 

Some you **can** see ;
some you **can't**. 

Health Canada Science Daily (Mar. 22, 2008). A new study in the Journal of School Health reveals that children with healthy diets perform better in school than children with unhealthy diets.

Kindree Public School

May - June 2010



Kindree Public School

B. Mighty Mac!
An all-time favourite with Lunch Pails' added nutrition!

E. Chicken Caesar Salad
Crispy romaine lettuce, poached chicken breast, croutons and parmesan cheese served with a creamy Caesar dressing.

K. Around the World! Falafels!
Off to the Middle East... homemade falafels wrapped up with homemade tabouli and hummus. (No sesame).

N. Pasta Pomodoro
Let's get ready for summer! Pasta shells in Lunch Pails' homemade tomato sauce topped with parmesan cheese.

U. Morning Glory – Homemade Quiche
Homemade egg, cheese and ham, crustless quiche served with a home-baked muffin and seasonal fresh fruit.

W. The Great Canadian Burger
A Quarter pound all-beef barbecued hamburger served on a whole wheat bun with a side of lettuce, tomato and a pickle.

X. Chicken Fajitas – served hot!
Barbecued tender strips of chicken, bell peppers, shredded cheese and rice rolled in a tortilla, served with a side of sour cream.

* Available in Halal (upon request),

(B - X) Main Entrée only \$4.00

(B - X) C Complete with Snack/Drink \$6.00

(B - X) X Extra Large Entrée
with Snack/Drink \$7.00

Ordering is EASY! See the **sample** below:

Week of	M	T	W	T	F	PRICE
May 3	BC		N			10.00
May 10	U		W		X	12.00
Total Due						22.00

PST and Delivery are included.

Don't forget to mark the dates on your calendar!

**All dishes can be served
Vegetarian, Gluten-free, and Halal,
upon request.**

Choice of snacks and drinks are chosen carefully by Lunch pails to complement entrees.

Payment Options:

Return completed menu and cheque payable to LUNCH PAILS (or EXACT CASH in a sealed envelope).

NSF: A fee will be charged for all NSF Cheques

Late orders: If you miss the due date, please call the kitchen for assistance at 647-828-6240,

Note: In the event of a school closure due to weather conditions, service will be provided on the following day. If your child is absent on service day, please contact the Kitchen before 8AM on the day of service.

Student Name: _____

Birthday this month?

If so, Date of Birth: _____

Teacher's Name: _____

Grade: _____

Parent/Guardian's Name: _____

Contact Number: _____

Email: _____

Cheque # (if applicable): _____

Week of	M	T	W	T	F	PRICE
May 3rd						
May 10th						
May 17th						
May 24th						
May 31st						
June 7th						
June 14th						
June 21st						
June 28th						
Total Due:						

Return completed form with payment by April 16th

Any Allergies/special information we should know about?

Birthdays! Call us if you would like a special treat for the class... we can help!