

Escarpment View Public School
Sep - Oct 2010

MENU ITEM

A Alphabet Soup

Lots of veggies puréed in a tomato sauce, alphabet pasta with a swirl of parmesan cheese, served with garlic bread.

B Mighty Mac

An old time favourite with Lunch Pails' added nutrition ... puréed carrots!

C Buttery pasta

Spaghetti tossed with a creamy butter and parmesan sauce, served with a side of crunchy vegetables

D Chicken Tenders

Juicy white-meat-only chicken tenders, served over a bed of fluffy rice with a side of steamed julienned carrots

K Around the World - Taco Fiesta!

Seasoned lean ground beef, rice, cheddar cheese, rolled in a soft tortilla & served with a side of salsa.

U Morning Glory

A savoury ham, broccoli and cheddar muffin with a touch of cornmeal, served with a side of fruit salad.

E Chicken Caesar Salad

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

SNACK CHOICES

1. Fresh Fruit or Vegetables
2. Cookie
3. Muffin

DRINK CHOICES

1. Apple Juice
2. Orange Juice
3. Water

We offer three meal choices:

Entrée Only (only \$4)

Complete Meal with Drink and Snack (\$6)

Extra Large Entrée with Drink and Snack (\$7)

(Mark your selection with an X on the order form, as shown.)

Snacks and drinks are chosen carefully by Lunch Pails to complement entrées.

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

Late orders:

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

School Closures:

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.

Birthdays! Call us if you would like a special treat for the Class!

LUNCH PAILS Inc.



Escarpment View Public School

Student Name _____

Birthday this month? _____

Date of Birth: _____

Teacher's Name: _____

Grade: _____

Parent / Guardian Name: _____

Contact Number: _____

Email Address: _____

Cheque # (if applicable): _____

DATE OF SERVICE	MENU ITEM Ordered A,B,C,D,K,U,E	Entrée Only (\$4)	Complete Meal (\$6)	Extra Large Meal (\$7)	Snack (1,2 or 3)	Drink (1,2 or 3)	Price
		CHOOSE ONE (PLACE an "X")			(For complete meals only)		
SAMPLE	A		X		1	3	\$6 (Sample)
WED SEP 29							
WED OCT 13							
WED OCT 27							

TOTAL DUE IS: _____

Reminder: Snack and Drink Choices are provided for Complete or Extra Large Meals only.

If a Snack/Drink is not indicated, Lunch pails will make a selection for you.

HST and Delivery are included.

PLEASE RETURN COMPLETED FORM BY OR BEFORE:

SEP 13TH

Allergies or Special Information: _____

(eg. Halal, Gluten Free, etc.) _____

PAYMENT:

Return completed menu and **cheque payable to LUNCH PAILS**

(or EXACT CASH in a sealed envelope).

Note: A fee will be charged for all NSF Cheques