



# See MORE Online

## SMARTER MEALS

3 Whole Grain Pancakes, side syrup and Greek yogurt and berries	SM1	\$0.00
Cal: 550   Sod: 710mg   Fat: 4g   Pro: 23g		
Crunchy Chicken and Apple Harvest Salad with maple/balsamic dressing and a bun	SM2	\$0.00
Cal: 366   Sod: 610mg   Fat: 10g   Pro: 17g		
Chicken Teriyaki Noodle with steamed veggies and fresh orange slices	SM3	\$0.00
Cal: 270   Sod: 475mg   Fat: 7g   Pro: 29g		
Potato and Cheese Perogies with Power Veggie Mix, side sour cream and unsweetened Apple Sauce	SM4	\$0.00
Cal: 465   Sod: 610mg   Fat: 8g   Pro: 14g		
Smarter Campfire Chili Macaroni with fresh apple slices	SM5	\$0.00
Cal: 410   Sod: 30mg   Fat: 9g   Pro: 11g		
Farm and Field Plate with assorted veggies and fruit, crasins, crunchy chick peas, a bun, cheese and house dip	SM6	\$0.00
Cal: 260   Sod: 455mg   Fat: 10g   Pro: 11g		

Want to learn more about SMARTER MEALS or see Nutritional and Meal information? Find it online at [www.thelunchlady.ca/Our Food](http://www.thelunchlady.ca/Our Food)



**BE LUNCH STRONG,  
ALL DAY LONG.**

### Need to cancel?

We understand! Just CALL by 8:00 a.m. for a credit to use another time. 48 hours is appreciated for trips and appointments. (Sorry, no refunds – credits only). Uncollected lunches are NOT left at school.

**Head Office**  
info@thelunchlady.ca  
1-800-603-6656

**Halal – Gluten Free - Vegetarian and MORE of Everything Else at**  
[www.thelunchlady.ca](http://www.thelunchlady.ca) -> ORDER NOW

## Most Popular Lunch Entrées [see more online]

Macaroni and Cheese	T01	\$0.00
Baked Chicken Fingers with rice and corn	T02	\$0.00
Cheeseburger	T03	\$0.00
Real Cheddar Grilled Cheese Sandwich	T04	\$0.00
Spaghetti and Beef Meatballs	T05	\$0.00
Just 3 pancakes served with side syrup	T06	\$0.00
Soft Shell Beef and Rice Taco with side sour cream	T07	\$0.00
Beef Burger	T08	\$0.00
Just Buttery Pasta with parmesan	T09	\$0.00
Lightly Breaded Chicken Burger	T10	\$0.00

## Best Loved Salad and Wrap [see more online]

Crunchy Chicken Ranch Wrap	W01	\$0.00
Chicken Caesar Salad and dressing / Bun	W02	\$0.00

## Add a side combo to make any Entrée a Full Meal

Add Milk and Cookie	87	\$0.00
Add Crunchy Carrots and a Yogurt Tube	88	\$0.00

## Meals for Little Lunchers [see more online]

Chicken Nuggets, warm bun, fruit, and milk	L01	\$0.00
Mini Meal of Pancake Bites, side syrup, fruit and milk	L02	\$0.00

## Support "BREAKFAST FOR LEARNING" [see more online]

Baked Chicken Nuggets, warm bun, fresh veggies, yogurt, a bakery treat, and a donation to "BFL"	M01	\$0.00
An All Day Breakfast Combo with pancakes and sausage, side syrup, fruit and yogurt and a donation to "BFL"	M02	\$0.00

## Hot & Cold Sides, Fixings & Drinks [see more online]

Fresh Veggie Cup/Dip	S01.	\$0.00	Frozen Vanilla Yogurt [GF]	S14.	\$0.00
Just Cucumbers	S02.	\$0.00	Berry Bottom Parfait	S15.	\$0.00
Side Caesar Salad/dressing	S03.	\$0.00	Chunky Monkey Parfait	S16.	\$0.00
Fresh Apple Slices/Dip	S04.	\$0.00	Warm Garlic Bread	HT1.	\$0.00
Peach Slices in Juice	S05.	\$0.00	Chicken Noodle Soup	HT2.	\$0.00
Lunchie Snack Mix	S06.	\$0.00	2 Chicken Fingers	HT3.	\$0.00
Kettle Popcorn [GF]	S07.	\$0.00	2 Turkey Sausage Links	HT4.	\$0.00
Banana Choco Chip Muffin	S08.	\$0.00	Baked Potato Wedges [GF]	HT5.	\$0.00
Chocolate Brownie Cookie	S09.	\$0.00	"Becel" pack	F01.	\$0.00
1% milk	S10.	\$0.00	Lunchie's Ranch Dip	F02.	\$0.00
Chocolate Milk	S11.	\$0.00	Ketchup packet	F03.	\$0.00
Fresh Berry Smoothie	S12.	\$0.00	Mustard packet	F04.	\$0.00
100% Apple Juice	S13.	\$0.00	Lettuce and Sliced Tomato	F05.	\$0.00

## Z Lunch Lady Land Sample School

FALL 2015

The paper menu is due **date** or order online anytime with **3** school days notice.

Food Allergy - Please contact us before placing your order to complete an allergy assessment form.

NAME:

TEACHER:

RM#

Gr

PARENT:

PHONE:

EMAIL:

Check here for email order confirmations, menus and information about our service, including snow day policy.

Sep	Code	Code	Code	Code	Code	\$
Tu 15						
Tu 22						
Tu 29						
Oct	Code	Code	Code	Code	Code	\$
Tu 6						
Tu 13						
Tu 20						
Tu 27						
Nov	Code	Code	Code	Code	Code	\$
Tu 3						
Tu 10						
Tu 17						
Tu 24						
<b>Total to remit</b>					<b>\$</b>	

This paper menu due: **date** or order online anytime with **3** school days notice.

Cheque (Payable to The Lunch Lady)  
 Visa  Mastercard  Cash

CARD #:

EXP[MM/YY]: /

NAME:

SIGNED: