

Z Lunch Lady Land Sample School

The paper menu is due: **Sept 9** 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: _____

Providing your email guarantees receipt of an order confirmation, reminders, and information about our service including Snow Day Policy and upcoming events. PLEASE PRINT CLEARLY

Sep	Code	Code	Code	Code	Code	\$
Tu 13						
Tu 20						
Tu 27						
Oct	Code	Code	Code	Code	Code	\$
Tu 4						
Tu 11						
Tu 18						
Tu 25						
Nov	Code	Code	Code	Code	Code	\$
Tu 1						
Tu 8						
Tu 15						
Tu 22						
Tu 29						
Total to remit					\$	

- Cheque (Payable to The Lunch Lady)
- Visa Mastercard (Interac available online)

CARD #: _____

EXP[MM/YY]: / _____

SIGNED: _____

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.

Our meals include any applicable taxes and a contribution to your school



the Lunch Lady

HEALTHY LUNCHES. MADE SIMPLE.



3 Whole Grain Pancakes, side syrup, Yogurt and Berries <small>Cal: 550 Sod: 710mg Fat: 4g Pro: 13g</small>	SM1.	\$0.00	Chicken Fingers, warm bun and Carrots/Dip	Q01.	\$0.00
Crunchy Chicken & Apple Salad, maple/balsamic dressing and Bun <small>Cal: 366 Sod: 610mg Fat: 10g Pro: 17g</small>	SM2.	\$0.00	Grilled Cheese Sandwich, side ketchup and Apple Slices	Q02.	\$0.00
Garlic Chicken Penne, peas & carrots and Apple Slices. <small>Cal: 385 Sod: 295mg Fat: 6g Pro: 21g</small>	SM3.	\$0.00	Spaghetti and Meatballs with Carrots/Dip	Q03.	\$0.00
Sunshine Sandwich (EGG & mozzarella), salsa dip and Fresh Orange <small>Cal: 275 Sod: 615mg Fat: 9g Pro: 16g</small>	SM4.	\$0.00	Premium Hot Dog [turkey], condiments and Apple Slices	Q04.	\$0.00
Warm Garlic Bread	HT1.	\$0.00	Lunchie Snack Mix	S05.	\$0.00
Side Caesar Salad	S01.	\$0.00	Fresh Berry Smoothie	S06.	\$0.00
Kitchen Baked Cookie	S02.	\$0.00	Frozen Vanilla Yogurt	S07.	\$0.00
Low Fat Muffin	S03.	\$0.00	100% Apple Juice	S08.	\$0.00
Kettle Popcorn	S04.	\$0.00	Chocolate Milk	S09.	\$0.00

See more choices and codes to use online including Little Lunches – Gluten Free – Halal - A La Carte Entrees – More Options



Learn more about SMARTER MEALS and our program at the www.thelunchlady.ca

Your school is served by TEST FRANCHISE - 1-800-603-6656 – info@thelunchlady.ca