



## École Capitol Hill Elementary

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October 12, 2018

Dear Parents/Guardians:

On the back of this letter is the menu for **Monday Oct. 29 2018 – Nov. 23, 2018**. The School Meal Program needs your support. The cost of the lunch program for this period is **\$70.00**. The \$70 program cost is the same every month (despite the varying school days per month) because the cost is averaged over the entire school year. On field trip days, students participating in the School Meal Program will be provided with a bag lunch consisting of a sandwich, whole apple, and a juice box.

Payment options:

1. **Preferred payment is through online.** Go to <https://Burnaby.schoolcashonline.com> – Check off “paid online” on the lunch envelope. NOTE - Envelope must still be handed in on time. Online payments can be made until **October 22nd, 2018**.
2. **Pay by Credit Card** – only accepted through Cash Online: <https://Burnaby.schoolcashonline.com> payments can be made until **October 22nd, 2018**
3. **Pay by cheque.** Make payable to Capitol Hill Elementary School and print your child’s name and division on the front of the cheque. **NO POST-DATED** cheques please.
4. **Pay by cash.** Exact change only.

**ALL ENVELOPES MUST BE SIGNED AND SEALED.** Every child must have their own envelope to participate in the lunch program.

Please note: We cannot guarantee that all food prepared for the meal program is done in a “nut free” environment, or that any or all ingredients are free from contact with nuts or nut products.

Sincerely,

Wally Kanno  
Principal

Please return the signed and sealed envelope to the school by **noon** on:  
**October 22nd , 2018**

We cannot accept any late orders.  
There will be no exceptions.



## SCHOOL MEAL PROGRAM

Hot Lunch Menu Date: Oct.29<sup>th</sup> - Nov.23<sup>th</sup>

*Thank you for supporting the School Meal Program*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b> Chicken fingers with potato wedges  Salad or Fruits	<b>30</b> Hot Dog Schneiders (all Beef) Hot Dog Bun  Salad or Fruits	<b>31</b> Tri-Colour Rotini with Chicken in Rose Sauce  Salad or Fruits	<b>01</b> Sweet and Sour Meatballs with Rice  Salad or Fruits	<b>02</b> BBQ Chicken with Tater Tots  Salad or Fruits
<b>05</b> Meatball and Mashed Potatoes  Salad or Fruits	<b>06</b> Macaroni and Cheese (Whole Wheat Pasta)  Salad or Fruits	<b>07</b> Chicken fingers (for Caesar Wraps)  Salad or Fruits	<b>08</b> Honey Garlic Chicken with Corn  Salad or Fruits	<b>09</b>  <b>Pizza Day</b>
<b>12</b>  Remembrance Day	<b>13</b> Creamy Chicken with Rotini  Salad or Fruits	<b>14</b> Beef Chili  Dinner Roll  Salad or Fruits	<b>15</b> Butter Chicken with Brown Blend Rice  Salad or Fruits	<b>16</b> Meat Sauce (Beef) with Whole Wheat Penne  Salad or Fruits
<b>19</b> Cheese Ravioli with Tomato Sauce  Salad or Fruits	<b>20</b> Hamburger Hamburger Bun  Salad or Fruits	<b>21</b> Chicken a-la King on Rice  Salad or Fruits	<b>22</b> Shepherd's Pie (beef)  Salad or Fruits	<b>23</b>  <b>PRO-D Day</b>

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No Post Dated Cheques

Lunch Envelopes due by October 22, 2018