

SCHOOL MEAL PROGRAM

Hot Lunch Menu Date: October 2nd – 31st 2023

Thank you for supporting the School Meal Program

Monday	Tuesday	Wednesday	Thursday	Friday
02 STAT HOLIDAY Truth & Reconciliation	03 Spaghetti & Meatballs <i>Spaghetti & Veggie Meatballs</i>	04 Omelette with Potato Wedges <i>Same for Veggie option</i>	05 Chicken Fried Rice <i>Egg Fried Rice</i>	06 Chicken Fingers with whole Grain Rice <i>Veggie Chicken Fingers / WG Rice</i>
09 STAT HOLIDAY Thanksgiving	10 Chicken Burger with Potato Wedges <i>Veggie Burger with Potato Wedges</i>	11 Beef Meatballs with Mashed Potatoes/Gravy <i>Veggie Meatballs with Mashed Potatoes/Gravy</i>	12 Garlic Chicken Penne, Peas & Carrots <i>Garlic Powder Mix Penne, Peas & Carrots</i>	13 Pancakes with Turkey Sausages <i>Pancakes (syrup provided)</i>
16 Chicken Parmesan over Rotini Pasta <i>Tomato Pasta Parmesan over Rotini Pasta</i>	17 Beef Meatball Sub <i>Veggie Meatball Sub</i>	18 Cheese Tortellini with Tomato Sauce <i>Same for Veggie option</i>	19 Beef & Chicken Shepherd's Pie <i>Veggie Ground Shepherd's Pie</i>	20 PRO-D DAY ALL SCHOOLS
23 Topsy Turvy Pasta with Meat Sauce <i>Veggie Topsy Turvy Pasta with Meatless Sauce</i>	24 Cheese Perogies (sour cream) <i>Same for Veggie option</i>	25 Macaroni and Cheese <i>Same for Veggie option</i>	26 BBQ Beef Meatballs with Mashed Potatoes <i>BBQ Veggie Meatballs with Mashed Potatoes</i>	27 PIZZA DAY
30 Hot Dog <i>Veggie Hot Dog</i>	31 Spaghetti and Meatballs <i>Spaghetti and Veggie Meatballs</i>			

- Preferred payment is through Cash Online. Online payment is available until noon Sept. 25, 2023.
- We are going paperless/green. Please have your child request an envelope if you are unable to pay online