

Alwin Holland School Meal Program



Calendars with a daily menu will be sent home throughout the year, generally two months at a time. There will also be order forms available at the school office. Our lunch offers $\frac{1}{3}$ of the daily nutrition that is recommended by Canada's Food Guide. Each lunch is supplemented with a main item (which you will select), a milk, a fruit or vegetable, and a snack or dessert or some sort.

To participate in the program, choose the days you wish your child to receive a school lunch by circling or highlighting your choice. A separate form must be completed for each child wanting to join.

Meals are \$4.50 each, but it is to your discretion as to how much you can afford to pay. Payments and/or non-payments will be kept confidential. Whatever you can pay is appreciated as the program relies on donations and parent payments, but we understand that there are families who cannot afford to pay.

Should you have any questions, comments or concerns about the program, please contact the school.

September 2021 Meal Program Menu

Student: _____ Room #: _____ Teacher: _____

Monday	Tuesday	Wednesday	Thursday	Friday
		1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL
6 LABOUR DAY NO SCHOOL	7 School Starts	8	9	10
13 Pizza Pop or Ham Sandwich	14 Ham Sandwich Or Roast Beef Sandwich	15 Burrito Or Roast Beef Sandwich	16 Turkey Sandwich Or Chicken Quesadilla	17 Burrito Or Turkey Sandwich
20 Pizza Pop Or Roast Beef Sandwich	21 Burrito Or Roast Beef Sandwich	22 Ham Sandwich Or Vegetable Soup	23 Cold Plate Or Turkey Sandwich	24 NID NO SCHOOL
27 Pizza Pop Or Ham Sandwich	28 Ham Sandwich Or Burrito	29 Turkey Sandwich Or Roast Beef Sandwich	30 TRUTH & RECONCILIATION DAY NO SCHOOL	

Parent Signature: _____

of Meals: _____

October 2021 Meal Program Menu

Student: _____ Room #: _____ Teacher: _____

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Vegetable Soup Or Ham Sandwich
4 Pizza Pop Or Burrito	5 Turkey Sandwich Or Ham Sandwich	6 Turkey Sandwich Or Burrito	7 Chicken Quesadilla Or Roast Beef Sandwich	8 Ham Sandwich Or Roast Beef Sandwich
11 THANKSGIVING NO SCHOOL	12 Pizza Pop Or Roast Beef Sandwich	13 Burrito Or Roast Beef Sandwich	14 Vegetable Soup Or Cold Plate	15 Burrito Or Turkey Sandwich
18 Pizza Pop Or Roast Beef Sandwich	19 Burrito Or Ham Sandwich	20 Ham Sandwich Or Chicken Quesadilla	21 Burrito Or Turkey Sandwich	22 NID NO SCHOOL
25 Pizza Pop Or Ham Sandwich	26 Ham Sandwich Or Burrito	27 Turkey Sandwich Or Roast Beef Sandwich	28 Burrito Or Turkey Sandwich	29 Cold Plate Or Vegetable Soup

Parent Signature: _____

of Meals: _____