

Essex & Hawthorne: 1st Term Lunch Menu

This menu is subject to change without notice due to seasonal suppliers

Week 1	Monday	Tuesday	Wednesday	Thursday
	Baked Chicken Legs; with potatoes, veggies, and rice	WW Bagel with Lean Turkey & Cheese; with carrots / celery (ranch dip)	WW English Muffin Pizza (sauce & cheese); with 1 apple	Lentil Soup (veggies & bulgar); with ww bun & milk
Week 2	WW Grilled Cheese; with cucumbers / peppers (ranch dip)	Baked Chicken Fingers; with mashed potatoes & tossed salad (plum sauce)	Stuffed Peppers (lean ground beef, onion, rice) in tomato sauce ; with yogurt	Chicken Stir-fry; with veggies & rice
Week 3	Chicken Quesadilla (seasoned chicken, onion, pepper, cheese) ; with sour cream & salsa	WW Pasta with Lean Meat Sauce; with caesar salad	Bulgar and Veggies; with Salad & Cheese	Mac & Cheese; with seasonal veggies
Week 4	Chili (Vegan); with ww bun & shredded cheddar	Baked Chicken Fingers; with mashed potato and tossed salad (plum sauce)	Pasta Salad (cucumber, olives, tomato, feta with cheese)	Sheppard's Pie (lean ground beef, vegetables, mashed potatoes), cheese & salad

Essex Public School: 1st Term Snack Menu

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	Monday	Tuesday	Wednesday	Thursday	Friday
Week One / Week Three	½ ww bagel 8 cucumber slices 1 milk (2%)	1 slice ww bread 8 baby carrots 50 gr cheddar cheese	½ breakfast pita 1 apple 1 yogurt tube	30gr whole grain cereal 1 banana 1 milk (2%)	8 ww crackers ½ orange 1 mini-go
Week Two / Week Four	1 slice ww bread 8 baby carrots 50gr mozzarella cheese (slice)	½ ww English muffin & margarine 1 apple 1 choc milk	8 ww crackers 1 banana 1 mini-go	½ ww bagel 8 cucumber slices 50gr cheddar cheese	½ breakfast pita ½ orange 1 yogurt tube

Lunch Program Order Form: Please Return by Sept 15th

(Essex Only) Snack Program:

- YES I would like to pay for 1st term (September 15 to December 19, 13 weeks): \$20
- YES I would like to pay for the entire year (September 29 to June 19, 35 weeks): \$40

(Hawthorne and Essex) Lunch Program:

- YES I am paying for 1st term (September 22 to December 19, 13 weeks): \$180
- YES I am paying for September 22 to October 17th (4 weeks): \$60

Total Payment Enclosed: Lunch \$ _____ + Snack \$ _____ TOTAL: \$ _____

Please Note: The Nutrition Program does not cover the Bank Charges for any NSF cheques.

Name of Student: _____ Room / Homeroom # _____

Name of Parent/Guardian: _____ Phone # _____

My child has the following food allergies / restrictions: _____

The TFSS will provide a tax receipt for any contribution of \$10.00 or more. Yes, I would like a tax receipt

Volunteer Opportunity: I would be willing to assist the program by volunteering 1-2 hours/week: Yes No