**2022/2023 J.A. Laird PAC’s Healthy Lunch Program**

Our PAC has partnered with Edibles Café to bring you a healthy lunch program. There will **not** be an opportunity to place late orders. **All orders are due to the office by Wednesday, October 12, 2022.**

**Each meal is $6.00**

**Full payment can be made by cash or cheque (payable to J.A. Laird PAC).**

**Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Email: \_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- |
| Thursday, Oct 27th  | Pulled pork bun, green salad, and chocolate zucchini cake | □ |
| Thursday, Nov 10th  | Mac & Cheese, veggie sticks, and sugar cookie | □ |
| Thursday, Nov 24th  | Spaghetti and meat sauce with veggie sticks, and butter tarts | □ |
| Thursday, Jan 12th  | Beef burgers, roasted vegetables, and carrot cake | □ |
| Thursday, Jan 26th  | Chicken and broccoli Alfredo with garlic bread, and apple cake | □ |
| Thursday, Feb 9th |  Grilled cheese with vegetable soup, and rice Krispy square  | □ |
| Thursday, Feb 23rd |  Smokies, noodle salad, and ginger cookie | □ |
| Thursday, Mar 9th | Beef and bean burrito with green salad, and blueberry muffin | □ |
| Thursday, April 6th | Pizza quesadilla, Caesar salad, and chocolate dip oatmeal cookie | □ |
| Thursday, April 20th | Pork schnitzel bun, coleslaw, and pumpkin tart | □ |

Should you require financial assistance to ensure your child can enjoy this program, please contact Kim Turgeon at the school, or email Vassa Stein at vassa.stein@gmail.com

**PLEASE BRING YOUR OWN PLATES, BOWLS AND CUTLERY ON YOUR HEALTHY LUNCH DAY**

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**Please detach and keep for your own records**

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