

Choose from three meal types...



Entrée Only, or Complete Meal with Drink and Snack, or Extra Large with Drink and Snack

Snacks & drinks chosen carefully to complement meals.

B	Mighty Mac (KD)* An old time favourite with Lunch Pails' added nutrition!	Entrée:	\$4.75
		Complete Meal:	\$6.25
		X-Large Meal:	\$7.25

U	Morning Glory - Pancakes* Light and fluffy, served with a side of syrup	Entrée:	\$4.75
		Complete Meal:	\$6.25
		X-Large Meal:	\$7.25

J	Grilled Cheese* Whole wheat toast, cheddar cheese grilled lightly and served with a side of carrot sticks	Entrée:	\$4.75
		Complete Meal:	\$6.25
		X-Large Meal:	\$7.25

S	Spaghetti in Tomato Sauce* Lunch Pails' fortified tomato sauce served over spaghetti	Entrée:	\$4.75
		Complete Meal:	\$6.25
		X-Large Meal:	\$7.25

E	Chicken Caesar Salad** Crispy iceberg lettuce, cubed poached chicken breast, parmesan cheese, croutons, served with caesar dressing	Entrée:	\$5.50
		Complete Meal:	\$7.00
		X-Large Meal:	\$8.00

R	BBQ Chicken and Rice** Roasted chicken thigh in zesty BBQ sauce served over a bed of white rice with a side of steamed corn.	Entrée:	\$5.50
		Complete Meal:	\$7.00
		X-Large Meal:	\$8.00

K	Around the World - Perogies Hand rolled with cheddar cheese and potato topped with a dab of butter & served with a side of sour cream	Entrée:	\$5.50
		Complete Meal:	\$7.00
		X-Large Meal:	\$8.00

L	Chicken and Vegetable Soup** Hearty chunks of chicken, garden vegetables, and noodles in a savoury chicken broth with crackers on the side	Entrée:	\$5.50
		Complete Meal:	\$7.00
		X-Large Meal:	\$8.00

D	Chicken Tenders** White meat only breaded chicken tenders served over a bed of fluffy rice and a side of steamed corn	Entrée:	\$5.50
		Complete Meal:	\$7.00
		X-Large Meal:	\$8.00

M	Meatball Sub** Lean seasoned ground beef rolled & layered with mozzarella cheese & our homemade sauce on a fresh bun	Entrée:	\$5.50
		Complete Meal:	\$7.00
		X-Large Meal:	\$8.00

H	Chicken Burger** White meat only! Baked and served on a fresh bun with a side of ketchup	Entrée:	\$5.50
		Complete Meal:	\$7.00
		X-Large Meal:	\$8.00

V	All Wrapped Up** Juicy white-meat chicken, shredded lettuce & carrots, ranch dressing wrapped up in a multi-grain tortilla	Entrée:	\$5.50
		Complete Meal:	\$7.00
		X-Large Meal:	\$8.00

* available in Gluten Free

** available as Gluten Free and/or Halal

Late orders:

If you miss the due date, please call the kitchen for assistance
1-844-39LUNCH (58624) or www.lunchpails.ca

Absent on service day:

If your child is absent on service day, please contact Kitchen before 7AM on day of service.

School Closures: In the event of school closure due to weather, lunches will be credited/applied to next Menu



Kindred Public School

Please complete all sections.

SEP 2019 - NOV 2019

Student Name: _____

Teacher Name: _____

Grade: _____

Parent / Guardian Name: _____

Phone Number: _____

Email Address: _____

Cheque # (if applicable): _____

DATE	MENU ITEM B,J,E,K,D,H U,S,R,L,M,V	Meal Type Entrée, Complete, or X-Large	Price
SAMPLE	<i>B</i>	<i>C</i>	<i>\$6.25 (SAMPLE)</i>
WED SEP 25			
WED OCT 2			
WED OCT 9			
WED OCT 16			
WED OCT 23			
WED OCT 30			
WED NOV 6			
WED NOV 13			
WED NOV 20			
WED NOV 27			
TOTAL Due:			

RETURN COMPLETED FORM BY:

SEP 10th

Allergies or Special Info: _____

(eg. Halal, Gluten Free, etc.)

PAYMENT: Return completed menu & cheque payable to LUNCH PAILS (or EXACT CASH in a sealed envelope).

One cheque per family please. \$20.00 charge for NSF cheques.

Ordering is Easy!
Simply fill out the Order Form and return it with payment,



or Order Online! www.lunchpails.ca