

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



SHERWOOD MILLS 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>
THU SEP 26			
THU OCT 3			
THU OCT 10			
THU OCT 17			
THU OCT 24			
THU OCT 31			
THU NOV 7			
THU NOV 14			
THU NOV 21			
THU NOV 28			
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