

# HOT LUNCH PROGRAM ORDER FORM FOR

March 2010

Students Name \_\_\_\_\_

## MONDAYS

		\$2.00/piece	Water .50	Juice Apple or Orange .50	Milk .50
Mar. 1	Cheese Pizza \$2.00/slice				
Mar. 8	Cheese Pizza \$2.00/slice				
<del>Mar. 15</del>	<del>Skiing/Snowboarding &amp; Tubing</del>				
Mar. 22	Cheese Pizza \$2.00/slice				
Mar. 29	Cheese Pizza \$2.00/slice				

## TUESDAYS

NOTE: We have to order the* HRL RESTAURANT lunches one week in advance. We ask that you please help us with the planning and order ahead and try not to order these ones on the morning of the lunch. Thank You.		Water .50	Juice Apple or Orange .50	Milk .50
Mar.2	Macaroni and Cheese			
Mar.9	<b>Mary Browns:</b> Grilled Chicken Club Wrap \$3.50			
Mar.16	<b>Pizza Hut Healthy Pizza:</b> Veggie Lovers Thin "N Crispy Pizza \$2.00/slice			
Mar.23	<b>Burger King</b> Hamburger with Lays Baked Potato Chips \$3.00			
Mar.30	<b>Subway:</b> Roast Beef on Wheat with mayo, cheese & lettuce 6" \$3.25 4" \$2.75			

## WEDNESDAYS

		Water .50	Juice Apple or Orange .50	Milk .50
Mar. 3	Hot Dogs \$1.00 each			
Mar. 10	Hot Dogs \$1.00 each			
Mar. 17	Hot Dogs \$1.00 each			
Mar. 24	Hot Dogs \$1.00 each			
Mar. 31	Hot Dogs \$1.00 each			

## THURSDAYS

		\$2.00/serving	Water .50	Juice Apple or Orange .50	Milk .50
Mar. 4	Spaghetti				
Mar. 11	Taco Soup				
Mar. 18	Sweet and Sour Chicken with Rice				
Mar. 25	Beef Barley Soup				

Column Totals →

\$

\$

\$

\$

\*\*HRL = Healthy Restaurant Lunch see over for details

\$

## Updates to the FMCS Hot Lunch Program

# HEALTHY RESTAURANT LUNCH

It has been shown that health and education are interdependent and that schools can directly influence students' health and behaviors. Healthy School Communities is a health promotion initiative that provides students, staff and community members the opportunity to observe and learn positive health attitudes and behaviors related to active living, healthy eating and creating a positive social environment.

Since we are a school promoting healthy behaviors and practices, we have decided to make some changes to the Hot Lunch Program. We will be offering 2 days in November items from the restaurants off the Healthy Options menu they have sent to us. These days are Jan. 8 and 15<sup>th</sup>, please see the other side for the details. Menu items from the Hot Lunch Program have been analyzed by a Community Nutritionist using the *Alberta Nutrition Guidelines for Children and Youth*.



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It is important to remember that these changes are meant to promote and achieve optimal growth, development and overall health for our children and youth. Food choices during childhood and adolescence lay the foundation for lifelong eating habits, so let's help them reach their full potential and become a healthier generation.

If you have any questions regarding Healthy School Communities, please contact Carolyn Evancio, School Health Liaison at 780 714 5637, [cevancio@nlhr.ca](mailto:cevancio@nlhr.ca).

If you have any questions regarding the *Alberta Nutrition Guidelines for Children and Youth*, please contact Jennifer Stagg, Community Nutritionist at 780 791 6264, [jstagg@nlhr.ca](mailto:jstagg@nlhr.ca)

Feed back from students and parents will be most welcomed at the school.  
Please let the office know how the meal was received.

In His service,  
Mr. Champion