



# Central Middle School Meal Program

## November 2019 -Payment Form

The **November** School Meal Program will start **Friday, November 1, 2019**.  
If you wish your child(ren) to participate in the School Meal Program for the month of **November**, this form must be signed and returned to the school office by **Thursday, October 24, 2019**

### **Central Middle School offers Hot Lunches!!**

Your child's lunch costs the School District **\$4.20 per day**; this includes 1/3 of their daily Recommended Nutrient Intake (RNI).

**Families who use the program are asked to pay the full amount of \$4.20 per day.**

### **Consent/Payment Form**

**Please return this Form by Thursday, October 24, 2019.**

I give permission for my child(ren) to participate in the School Meal Program

Payments may be paid in cash, or by cheque – payable to **Central Middle School**

**NOTE:** *The full month option can be paid using the online system through the parent portal*

The cost for the month of **November is \$79.80 (19 days @ \$4.20)** per child. If selected days are wanted, please pay \$4.20 per day and specify the dates on this form.

Please find enclosed \$\_\_\_\_\_ for the month of **November** (or for my selected dates)

Selected date(s) \_\_\_\_\_

Student Name \_\_\_\_\_ Teacher \_\_\_\_\_ Div \_\_\_\_\_

Student Name \_\_\_\_\_ Teacher \_\_\_\_\_ Div \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Phone \_\_\_\_\_

**Protection of Privacy:**


The information on this form is required and will be used solely for the purposes of accounting. It will be kept secure and confidential in accordance with the Freedom of Information and Protection of Privacy Act. Any questions concerning the collection of this information can be directed to the Program Coordinator.

**(If you are not able to afford any payment please call the school principal at 250-386-3591)**

### **Please note**

*The Lunch Program is not providing drinks. Please provide a waterbottle. We cannot adjust the menu for children who do not like an item. Please review the monthly menu with your child and if your child cannot eat or does not like a certain item, please send a substitution that day and the School Meal Program will provide the rest of the meal.*

# November 2019 Hot Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Cheese Perogies with sour cream Caesar Salad	2
3	4 Whole Wheat Pasta and Beef Bolognaise sauce Vanilla Yogurt and Granola	5 Beef Burger Cracked Wheat bun Leaf Lettuce Red Delicious Apple	6 Chicken Nuggets Caesar Salad	7 Pepperoni and Cheese WW Calzone Golden Delicious Apple	8 Chicken Pot Pie Carrot sticks	9
10	11  REMEMBRANCE DAY	12 Chicken Burger Cracked Wheat Bun Red Delicious Apple	13 Sweet & Sour Meatballs Brown rice and Vegetables Banana	14 Bean and Cheese Quesadilla with Salsa Fresh Cut Fruit Salad	15 Sloppy Joe w/ shred cheese On Cracked Wheat Bun Golden Delicious Apple	16
17	18 Beef Dip Caesar Salad	19 Hot Dog Day! Cracked Wheat bun Red Delicious Apple	20 Chicken fricassee Brown Rice Banana	21 Chicken Stir Fry w/ Honey garlic sauce Chow Mein noodles Vanilla Yogurt and Granola	22  PRO D DAY	23
24	25 Macaroni and Cheese Grapes	26 Vegetarian Chili and Cornbread Red Delicious Apple	27 Meatball Sub Cracked Wheat Bun Banana	28 Southwest Chicken WW Burrito w/ Salsa Vanilla Yogurt and Granola	29 Cheese Perogies with sour cream Caesar Salad	30