

Healthy Lunch Program

McGowan Park PAC has partnered with 'HealthFare' (now @ TCC) to offer a delivered school lunch 1x a month. To simplify the ordering process, we are collecting selections & payment for the next 3 months with this form.

IMPORTANT NOTES:

- ! Orders/payment due Tues January 16th 2:30pm
- ! \$1 from each order supports the PAC
- ! Unfortunately, we are unable to accommodate substitutions/changes to menu items
- ! For your consideration below: GF-Gluten Free/DF-Dairy Free/V-Vegan/NF-Nut Free

STEP 1: " Make your selection for each month

★ Wed. January 24th order:



- \$4 Hummus Bowl GF/DF/NF
~home-made hummus with carrot sticks, cherry tomatoes, red pepper & cucumbers.
Served with a small portions of GF crackers
 - \$3 HealthFare Parfait NF
~vanilla Greek yogurt, pineapple, orange, strawberries topped with coconut oatmeal
 - \$3 Roasted Yam Fries GF/DF/V/NF w/ranch*
 - \$4 6oz tomato soup GF/DF/V/NF & bun**
 - \$4 Cheddar Melt NF
~two slices of aged cheddar between toasted sourdough ciabatta bun
 - \$6 10" Turkey Wrap NF
~Mayo, lettuce and seasoned, slow cooked turkey breast
 - \$6 10" Veggie Wrap NF
~Lettuce, cucumbers, tomatoes, sprouts, mayo, guacamole
 - \$6 Teriyaki Rice Bowl with Chicken GF/DF/NF
~rice blend, steamed broccoli, red onions, red peppers with house made pineapple mango teriyaki sauce
 - \$1 Whole Fruit Banana or Apple (Circle preference)
 - \$3 Banana Bread NF
 - \$2 Chocolate Milk
- *ranch contains dairy
**bun is not gluten free

Jan 24th Order Total: \$ _____ + \$1 towards PAC = \$ _____

★ Wed. Feb 21st order:

- \$4 Hummus Bowl
- \$3 HealthFare Parfait
- \$3 Roasted Yam Fries w/ranch
- \$4 6oz tomato soup & bun
- \$4 Cheddar Melt
- \$6 10" Turkey Wrap
- \$6 10" Veggie Wrap
- \$6 Teriyaki Rice Bowls with Chicken
- \$1 Whole Fruit Banana or Apple (Circle selection)
- \$3 Banana Bread
- \$2 Chocolate Milk

Feb 21st Order Total: \$ _____ + \$1 towards PAC = _____

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🌱 Wed. March 28th order:

- \$4 Hummus Bowl
- \$3 HealthFare Parfait
- \$3 Roasted Yam Fries w/ranch
- \$4 6oz tomato soup & bun
- \$4 Cheddar Melt
- \$6 10" Turkey Wrap
- \$6 10" Veggie Wrap
- \$6 Teriyaki Rice Bowls with Chicken
- \$1 Whole Fruit Banana or Apple (Circle selection)
- \$3 Banana Bread
- \$2 Chocolate Milk

March 28th Order Total: \$ _____ + \$1 towards PAC = _____

STEP 2: Total your orders and include your payment

Cash or cheque payable to McGowan Park PAC

Jan 24th Order: \$ _____

Feb 21st Order: \$ _____

March 28th Order: \$ _____

Grand Total: \$ _____

STEP 3: Provide students information

One order form per student

Name: _____

Teacher: _____

Parent contact number: _____

Thank you for supporting your McGowan Park PAC!

Special thanks to this term's vendor, HealthFare for their efforts to bring healthy food options into our community. You can visit them at the TCC in their new location.

