



About the Program

We are a registered charity that began operation in October 1999. Our goal is to ensure all V.E.S. students have access to nutritious food. After all, children with full tummies are more successful!

Provided on Tuesday, Wednesday and Thursday, our lunches include a healthy hot main course, vegetables, salad or a healthy dessert, and milk. For those with milk intolerance, 100% fruit juice is supplied. Our portion sizes are based on the Canada Food Guide.

Sorry but there are no alternative food choices for children with food allergies, food intolerances, religious beliefs or dislikes.

The cost per meal is **\$4.50**, including milk. If your financial circumstance prevents you from having your child(ren) participate in this lunch program, please pay what you can. **All matters are kept in the strictest of confidence.**

Volunteers

Thank you to all our volunteers! You are the backbone to the operation of this program. If you, or anyone you know, are interested in occasionally helping to serve lunch it can make a huge difference to our program.

We need people on a

**Tuesday, Wednesday or Thursday
for a little over an hour – from 11:30 to 1:00**

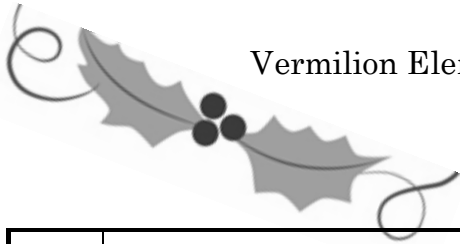
to help serve meals and then do some light clean up duties. Volunteering for just one day makes a difference. **Lunch is on us!**

Donations

Thank you to the many caring individuals and businesses that donate anything from cash to beef. Your contribution to our program allows us to keep our cost per meal reasonable!

Deadline for order
form return is:


November 14, 2019



Vermilion Elementary School Lunch Program Society

DECEMBER 2019 MENU

Please ✓ check your choices on this form and keep for your information.

yes please	Tuesday, December 3	yes please	Wednesday, December 4	yes please	Thursday, December 5
	Hamburger Raw Veggies & Dip Jello		Ham & Cheese Pizza Ceasar Salad Yogurt		BBQ Chicken Rice, Veggie Fruit
yes please	Tuesday, December 10	yes please	Wednesday, December 11	yes please	Thursday, December 12
	Meatballs with Mushroom Sauce Hashbrown, Veggie Yogurt		Chicken Strips Rice, Veggie Fruit		Grilled Cheese Sandwich Ceasar Salad Yogurt
yes please	Tuesday, December 17	yes please	Wednesday, December 18	yes please	Thursday, December 19
	Chicken Burger Raw Veggies & Dip Jello		Roast Beef Mashed Potato (optional gravy), Veggie Yogurt		Pancakes Pork Sausage Orange Slices

Although the School Lunch Program Society does not anticipate any changes in the menu, circumstances may arise and substitutions may have to be made. No refunds will be made for menu changes or for students that are absent.

Vermilion Elementary School Lunch Program Society

DECEMBER 2019 MENU

K 1 2 3 4 5 6 A B C

Student's Name _____

Class (please circle) _____

Please ✓check your choices on this form and return no later than **November 14th**.

In order to properly plan and organize your child's lunch program, we ask that you please meet the deadline for returning lunch orders.

Online ordering is now available at ves.hotlunches.net Use code VEHL to set up an account. If you do so, please do not also submit a paper form.



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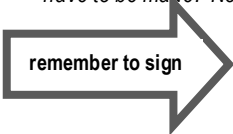
1 meal	= \$4.50
2 meals	= \$9.00
3 meals	= \$13.50
4 meals	= \$18.00
5 meals	= \$22.50
6 meals	= \$27.00
7 meals	= \$31.50
8 meals	= \$36.00
9 meals	= \$40.50
10 meals	= \$45.00
11 meals	= \$49.50
12 meals	= \$54.00
13 meals	= \$58.50
14 meals	= \$63.00
15 meals	= \$67.50

The cost is \$4.50 per meal. For a quick calculation, see the payment chart at the right. →

Make cheques payable to V.E.S. Lunch Program Society. Cheques will be cashed December 2nd, 2019.

Although we require a signed sheet for each child, feel free to combine payment and return all sheets in one envelope.

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remember to sign

Parent Signature _____

Date _____

LUNCH SERVING VOLUNTEERS - If you, or anyone you know, are interested in helping serve lunch, please provide the following information:



Volunteer's Name _____

Phone Number _____

Date(s) Available _____



MILK TICKETS - for non-lunch program days or days lunch hasn't been ordered

_____ (# of tickets) @ \$1.00/ticket = \$ _____

Please include payment with this order form. Feel free to combine payment with your lunch order payment.