



# TOP PICKS

SO MANY  
**MORE**  
OPTIONS  
ONLINE

## Menu by Lunchie!

### Homemade Mac & Cheese Meal

Kid Approved! Made fresh daily using real cheddar cheese! (VG)

### Spaghetti & Meatballs

Whole grain pasta tossed in Lunchie's homemade tomato sauce topped with beef meatballs.

### Chicken Finger Meal

Lightly breaded chicken breast strips, steamed rice & corn.

**OPTIONS:** With potato wedges & corn. Gluten free available. (GF)

### Pancake Lunch

Whole grain pancakes served with applesauce & side syrup.

**OPTIONS:** Add turkey or veggie sausage. (VG)

### Beef Burger & Homestyle Potato Wedges

**OPTIONS:** Add cheese. Veggie burger available. (VG)

### Cheese & Potato Perogies

Served with side sour cream & apple slices. (VG)

### Crunchy Chicken Ranch Wrap

Lightly breaded chicken breast wrapped in a whole wheat tortilla with lettuce and homemade ranch dip.

19329 09/2018



## Round up your lunch!

- Assorted Drinks
- Cookies & Smoothies
- Garden/Caesar Side Salads
- and more online!

## Ordering is easy at theLunchLady.ca

Orders due **days before lunch day.**

(GF) Gluten Free (VG) Vegetarian



NUTRITION  
POLICY APPROVED



NUT-FREE  
ALLERGY AWARE

Your Lunch Lady is

theLunchLady.ca