



# HOT, HEALTHY Lunches at your School

Your Lunch Lady Day(s) are:

M	T	W	T	F
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

At Spring Valley starting Friday October 25

From

## Hot & Delicious Pasta

Choose from a variety of options including Lunchie's homemade mac & cheese, spaghetti & meatballs and buttery parmesan pasta.

**\$5.50**

## Fork-free Lunch

Put down the fork and pick up a burrito, grilled cheese, hamburger & more. Served with side fruit or vegetables.

**\$5.50**

## Breakfast for Lunch

Try our whole grain pancakes or French toast with a variety of side options including turkey breakfast sausage or egg.

**\$5.75**

## Mealshare Lunches. Buy One. Give One.

Hearty homemade shepherd's pie, cheesy broccoli pasta, egg & cheese sandwich & more. Supports Boys & Girls Club of Hamilton.

**\$6.50**

## Wraps & Salads

Kid & Parent approved choices including whole wheat wraps, entree salads and fruit & yogurt parfaits.

**\$5.75**

19746 03/2019



## Round up your lunch!

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

# Ordering is easy at theLunchLady.ca

**Orders due 2 school days before lunch day.**

GF Gluten Free   VG Vegetarian   Halal Options Available



NUTRITION  
POLICY APPROVED



NUT-FREE  
ALLERGY AWARE

Your Lunch Lady is  
**Chrissy@theLunchlady.ca**

theLunchLady.ca