

## QBMS LUNCH PROGRAM

NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

NOTE: If paying with cash, please use correct change!

QBMS Lunch is \$5 per day, please order by 9am in classroom. Order ahead and pre-pay.

Cheques are payable to QBMS orders may be for 1 day, 1 week, 1 month, or longer.

Should you choose not to have one of the items, there will be no reduction in price.

Please indicate your daily choice by entering an X in the check box.

Please note, if you are away, your lunch is NOT refundable.

Lunches are made by Deb's Deli, a local Qualicum business. All food is cooked and prepared fresh daily.

TOTAL LUNCHES ORDERED \_\_\_\_\_

TOTAL PAYMENT INCLUDED \_\_\_\_\_ (# of lunches ordered times \$5.00)

**MONTHLY ORDER**  
**FORM for the month of**  
**January**

## No Lunch Program for January 5, 6 and 7.

<b>Tuesday</b>	<b>1: Chicken Caesar Salad, Homemade Dressing, Shaved Parmesan, Whole Grain Croutons/Granola Bar</b> <input type="checkbox"/>	<b>2: Homemade Veggie Soup* with Whole Grain bun, Granola Bar</b> <input type="checkbox"/>	<b>3: Chunky Chicken Stew with Whole Grain bun, Granola Bar</b> <input type="checkbox"/>
January 12			<b>Total Cost per day</b>
	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>
			\$5.00
<b>Wednesday</b>	<b>1: Whole Grain Bunwich with cheddar and lettuce, and Fruit Snack</b>	<b>2: Beef Barley Soup with Whole Grain bun, and Fruit Snack</b>	
January 13			<b>Total Cost per day</b>
	Honey Ham <input type="checkbox"/>		
	Roast Beef <input type="checkbox"/>	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>	\$5.00
	Veggie Delight <input type="checkbox"/>		
	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>		
<b>Thursday</b>	<b>1: Homemade Chili with Whole Grain bun, Granola Bar</b>	<b>2: Beef or Veggie Taco Salad with Granola Bar</b>	
January 14		Beef <input type="checkbox"/> Veggie <input type="checkbox"/>	<b>Total Cost per day</b>
	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>	\$5.00

\* A new taste each week

<b>Tuesday</b>	<b>1: Chicken Caesar Salad, Homemade Dressing, Shaved Parmesan, Whole Grain Croutons/Granola Bar</b> <input type="checkbox"/>	<b>2: Homemade Veggie Soup* with Whole Grain bun, Granola Bar</b> <input type="checkbox"/>	<b>3: Chunky Chicken Stew with Whole Grain bun, Granola Bar</b> <input type="checkbox"/>	<b>Total Cost per day</b>
January 19				
	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>	\$5.00
<b>Wednesday</b>	<b>1: Whole Grain Bunwich with cheddar and lettuce, and Fruit Snack</b>	<b>2: Beef Barley Soup with Whole Grain bun, and Fruit Snack</b>		<b>Total Cost per day</b>
January 20	Honey Ham <input type="checkbox"/>			
	Roast Beef <input type="checkbox"/>	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>		\$5.00
	Veggie Delight <input type="checkbox"/>			
	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>			
January 21	<b>1: Homemade Chili with Whole Grain bun, Granola Bar</b>	<b>2: Beef or Veggie Taco Salad with Granola Bar</b>		<b>Total Cost per day</b>
		Beef <input type="checkbox"/> Veggie <input type="checkbox"/>		
	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>		\$5.00

<b>Tuesday</b>	<b>1: Chicken Caesar Salad, Homemade Dressing, Shaved Parmesan, Whole Grain Croutons/Granola Bar</b> <input type="checkbox"/>	<b>2: Homemade Veggie Soup* with Whole Grain bun, Granola Bar</b> <input type="checkbox"/>	<b>3: Chunky Chicken Stew with Whole Grain bun, Granola Bar</b> <input type="checkbox"/>	<b>Total Cost per day</b>
January 26				
	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>	\$5.00
<b>Wednesday</b>	<b>1: Whole Grain Bunwich with cheddar and lettuce, and Fruit Snack</b>	<b>2: Beef Barley Soup with Whole Grain bun, and Fruit Snack</b>		<b>Total Cost per day</b>
January 27	Honey Ham <input type="checkbox"/>			
	Roast Beef <input type="checkbox"/>	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>		\$5.00
	Veggie Delight <input type="checkbox"/>			
	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>			
<b>Thursday</b>	<b>1: Homemade Chili with Whole Grain bun, Granola Bar</b>	<b>2: Beef or Veggie Taco Salad with Granola Bar</b>		<b>Total Cost per day</b>
January 28		Beef <input type="checkbox"/> Veggie <input type="checkbox"/>		
	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/>		\$5.00