

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 LUNCHESES ORDERED _____

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

MONTHLY ORDER

FORM for the month of

October

Tuesday	1: Chicken Caesar Salad, Homemade Dressing, Shaved Parmesan, Whole Grain Croutons/Granola Bar <input type="checkbox"/>	2: Homemade Veggie Soup* with Whole Grain bun, Granola Bar <input type="checkbox"/>	3: Chunky Chicken Stew with Whole Grain bun, Granola Bar <input type="checkbox"/>	Total Cost per day
October 6				
	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
Wednesday	1: Whole Grain Bunwich with cheddar and lettuce, and Fruit Snack	2: Beef Barley Soup with Whole Grain bun, and Fruit Snack		Total Cost per day
October 7	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"/>			
Thursday	1: Homemade Chili with Whole Grain bun, Granola Bar	2: Beef or Veggie Taco Salad with Granola Bar		Total Cost per day
October 8		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

Tuesday	1: Chicken Caesar Salad, Homemade Dressing, Shaved Parmesan, Whole Grain Croutons/Granola Bar <input type="checkbox"/>	2: Homemade Veggie Soup* with Whole Grain bun, Granola Bar <input type="checkbox"/>	3: Chunky Chicken Stew with Whole Grain bun, Granola Bar <input type="checkbox"/>	Total Cost per day
October 13				
	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
Wednesday	1: Whole Grain Bunwich with cheddar and lettuce, and Fruit Snack	2: Beef Barley Soup with Whole Grain bun, and Fruit Snack		Total Cost per day
October 14	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"/>			
Thursday	1: Homemade Chili with Whole Grain bun, Granola Bar	2: Beef or Veggie Taco Salad with Granola Bar		Total Cost per day
October 15		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

* A new taste each week

Tuesday	1: Chicken Caesar Salad, Homemade Dressing, Shaved Parmesan, Whole Grain Croutons/Granola Bar <input type="checkbox"/>	2: Homemade Veggie Soup* with Whole Grain bun, Granola Bar <input type="checkbox"/>	3: Chunky Chicken Stew with Whole Grain bun, Granola Bar <input type="checkbox"/>	Total Cost per day
October 20				
	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
Wednesday	1: Whole Grain Bunwich with cheddar and lettuce, and Fruit Snack	2: Beef Barley Soup with Whole Grain bun, and Fruit Snack		Total Cost per day
October 21	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"/>			

Tuesday	1: Chicken Caesar Salad, Homemade Dressing, Shaved Parmesan, Whole Grain Croutons/Granola Bar <input type="checkbox"/>	2: Homemade Veggie Soup* with Whole Grain bun, Granola Bar <input type="checkbox"/>	3: Chunky Chicken Stew with Whole Grain bun, Granola Bar <input type="checkbox"/>	Total Cost per day
October 27				
	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
Wednesday	1: Whole Grain Bunwich with cheddar and lettuce, and Fruit Snack	2: Beef Barley Soup with Whole Grain bun, and Fruit Snack		Total Cost per day
October 28	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"/>			
Thursday	1: Homemade Chili with Whole Grain bun, Granola Bar	2: Beef or Veggie Taco Salad with Granola Bar		Total Cost per day
October 29		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