

September 26, 2006

Dear Parents and Students,

The hot lunch program is starting again for the year. You will notice some changes in our menu and order forms!

The Board of School Trustees Social Responsibility Work Group has established new guidelines for food choices in schools. All schools have a transition plan beginning 2006 to be fully implemented by 2009. Starting this year, Uplands Elementary will begin to offer some healthier food choices in accordance with these guidelines. The lunch form attached reflects some of these choices.

The lunch forms will be sent home on a Friday covering a period of 5 or 6 weeks. Please return the form no later than the following Wednesday. No late orders will be accepted due to ordering schedules!

Please make cheques payable to Uplands PAC.

Please indicate your child's name and teacher's name on the cheque (or envelope if it is a cash payment). Please let your child know if they are receiving a hot lunch that day.

We need a support team to help fill and deliver food bins as well as assist kids in the classroom. If parents or grandparents are available any Thursday morning from approximately 11 am until 12:20, would you please fill out the bottom of your child's hot lunch form. We can't run a successful program without volunteers!

As well, Uplands school must strike a "Healthy Food Team" made up of representatives from school administration, support staff, teachers, and parents. The team will meet to respond to the guidelines, identify school issues and develop policies on promoting and encouraging healthy choices in our school. If you are interested in participating, please contact your PAC representatives.

If you have any financial concerns, please contact the PAC representatives listed below.

If you would like to view the "Guidelines For Food Choices in Schools" please visit www.actnowbc.gov.bc.ca or contact PAC.

Thank you!

Robin Hansell (hot lunch coordinator) 493-1042

Lisa Milligan (PAC vice-chair) 493-3345

HOT LUNCH ORDER

(Please return by Wednesday, October 4th – no late orders)

CHILD'S NAME _____ TEACHER/Div# _____

(Please print clearly)

October 12 - Merlin's Garden	Price & No.	Total Cost
Chicken Skewer (includes rice, veggies & a bun)	\$4.50 x	
Chicken Skewer only	\$2.75 x	
Rice, veggies (peas, carrots and corn) and bun only	\$2.00 x	
Baby carrots and ranch dip	\$1.00 x	
Strawberry yogurt smoothie	\$1.50 x	
Milk (check which) – white () or chocolate ()	\$0.75 x	
Bottled water (500 ml)	\$0.50 x	
		Total \$

October 19 – Domino's Pizza	Price & No.	Total Cost
Pepperoni Pizza (slice)	\$1.50 x	
Ham & Pineapple Pizza (slice)	\$1.50 x	
Cheese Pizza (slice)	\$1.50 x	
Baby carrots and ranch dip	\$1.00 x	
Raspberry yogurt smoothie	\$1.50 x	
Milk – white () or Chocolate ()	\$0.75 x	
Bottled Water (500 ml)	\$0.50 x	
		Total \$

October 26 – Tim Horton's	Price & No.	Total Cost
Chicken Noodle Soup	\$2.00 x	
Vegetable Soup	\$2.00 x	
Chili w/ meat	\$2.50 x	
Light Wheat Bun	\$0.50 x	
Cinnamon Raisin Bagel	\$0.75 x	
Baby carrots and ranch dip	\$1.00 x	
Strawberry yogurt smoothie	\$1.50 x	
Milk – white () or Chocolate ()	\$0.75 x	
Bottled Water (500 ml)	\$0.50 x	
		Total \$

November 2 – Merlin's Garden	Price & No.	Total Cost
Ham, cheese & lettuce wrap	\$4.00 x	
Chicken, cheese & lettuce wrap	\$4.00 x	
Veggie Wrap (cheese, lettuce, cucumber, green pepper)	\$4.00 x	
Baby carrots and ranch dip	\$1.00 x	
French vanilla yogurt	\$0.75 x	
Milk – white () or Chocolate ()	\$0.75 x	
Bottled Water (500 ml)	\$0.50 x	
		Total \$

November 9 – Taco Time	Price & No.	Total Cost
Jr.size beef soft taco (beef, cheese, lettuce)	\$2.25 x	
Jr.size veggie soft taco (bean, cheese, lettuce)	\$2.25 x	
Jr.size cheese soft taco (beef & cheese)	\$2.25 x	
Reg. Size beef soft taco (beef, cheese, lettuce)	\$3.25 x	
Reg. Size veggie soft taco (bean, cheese, lettuce)	\$3.25 x	
Reg. size cheese soft taco (beef & cheese)	\$3.25 x	
Raspberry yogurt Smoothie	\$1.50 x	
Milk – white () or Chocolate ()	\$0.75 x	
Bottled Water (500 ml)	\$0.50 x	
		Total \$

TOTAL OWING FOR FUN LUNCH ORDER \$ _____ CHQ # _____

The Hot Lunch Committee needs parent volunteers to keep this Program going! If you are available on any of these days from 11:00 am until 12:20 please sign up and someone from the committee will call you!

Name _____ Ph# _____

Yes	Date Available
	Thursday, October 12
	Thursday, October 19
	Thursday, October 26
	Thursday, November 2
	Thursday, November 9