



# January, 2022 at McDermid

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Happy New Year!</b></p>	<p><b>4</b></p> <p><u>Free Breakfast</u> Cereal</p> <p><u>\$2 Lunch</u> Ham Sandwich</p>	<p><b>5</b></p> <p><u>Free Breakfast</u> Pancakes</p> <p><u>\$2 Lunch</u> Turkey Sandwich</p>	<p><b>6</b></p> <p><u>Free Breakfast</u> Cereal</p> <p><u>\$2 Lunch</u> Chicken Caesar Salad</p>	<p><b>7</b></p> <p><u>Free Breakfast</u> Smoothies &amp; Toast</p> <p><u>\$2 Lunch</u> Ham Sandwich</p>
<p><b>10</b></p> <p><u>Free Breakfast</u> Cereal</p> <p><u>\$2 Lunch</u> Turkey sandwich</p>	<p><b>11</b></p> <p><u>Free Breakfast</u> Banana Muffins</p> <p><u>\$2 Lunch Special</u> Spaghetti &amp; Meatballs</p>	<p><b>12</b></p> <p><u>Free Breakfast</u> Cereal</p> <p><u>\$2 Lunch</u> Ham Sandwich</p>	<p><b>13</b></p> <p><u>Free Breakfast</u> Fruit Parfait</p> <p><u>\$2 Lunch</u> Hot Dogs</p>	<p><b>14</b></p> <p><u>Free Breakfast</u> Cereal</p> <p><u>\$2 Lunch</u> Turkey Sandwich</p>
<p><b>17</b></p> <p>Professional Development Day No School</p>	<p><b>18</b></p> <p><u>Free Breakfast</u> Scrambled Eggs &amp; Toast</p> <p><u>\$2 Lunch</u> Ham sandwich</p>	<p><b>19</b></p> <p><u>Free Breakfast</u> Cereal</p> <p><u>\$2 Lunch</u> Cream of Chicken Noodle Soup</p>	<p><b>20</b></p> <p><u>Free Breakfast</u> Bagels</p> <p><u>FREE TURKEY LUNCH FOR ENTIRE SCHOOL</u></p>	<p><b>21</b></p> <p><u>Free Breakfast</u> Cereal</p> <p><u>\$2 Lunch</u> Ham Sandwich</p>
<p><b>24</b></p> <p><u>Free Breakfast</u> Cereal</p> <p><u>\$2 Lunch</u> Turkey Sandwich</p>	<p><b>25</b></p> <p><u>Free Breakfast</u> French Toast</p> <p><u>\$2 Lunch</u> Hamburgers</p>	<p><b>26</b></p> <p><u>Free Breakfast</u> Cereal</p> <p><u>\$2 Lunch</u> Ham Sandwich</p>	<p><b>27</b></p> <p><u>Free Breakfast</u> Egg McMuffin</p> <p><u>\$2 Lunch</u> Turkey Sandwich</p>	<p><b>28</b></p> <p><u>Free Breakfast</u> Cereal</p> <p><u>\$2 Lunch</u> Grilled Ham &amp; Cheese Sandwich</p>
<p><b>31</b></p> <p><u>Free Breakfast</u> Cereal</p> <p><u>\$2 Lunch</u> Turkey Sandwich</p>				

# McDermid School Nutrition Program Information

## FREE BREAKFASTS

A free breakfast is provided from 8:20-8:50. Students are welcome to enter the front doors and go straight to the nutrition room. This is a drop-in program that all students are welcome to access.

**BAG LUNCHESES** are available for \$2 every day. These include one main item as well as a juice, fruit, and snack (treat). Students can bring money each day, or pre-pay for a number of lunches at a time.

Students are asked daily if they require a lunch. It is important we know at the start of the day so we can ensure there are enough lunches for all students. If a student has forgotten money, they can still ask for a lunch and pay at a later date.

Lunch money can be paid daily, pre-paid at the office, or pre-paid through School Cash Online. If you do not yet have an account, please go to the school website to find instructions.

Lunches are available for all students but they must have permission to stay at school. Our part and full time lunch students require a form to be filled out and signed.

\*If a student is not a full or part time lunch student, they are welcome to stay for our lunch special of spaghetti and meatballs on January 11<sup>th</sup> but will need to fill out a permission form by January 10<sup>th</sup> (no exceptions).



## January 20<sup>th</sup> - Free Turkey Lunch

We invite all of our students to stay on January 20<sup>th</sup> for a turkey lunch.

